Break The Fashion It's All **About That Face** Your Rules no-B.S. antiaging Denim quide for work, sequins **TestYour** forday& Sexual **Health IQ** You'd be surprised what most women get wrong sexy **Bow** Down, looks lt's for your body "I want to make women laugh. The New I want them to **Naked** use their voice. **Picture** And I want a jet." **Epidemic** More Amy Schumer One victim Covers Ahead fights back

and wins











MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE. ©2015 Maybelline LLC:









OUND

ODYSSEYS AWAIT



SPERRY

Since 1935





side of the trends (hello, bandanas!), plus dating advice from-drumroll-Alanis Morissette

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Céline ponchos, skirts. From left: Hilfiger Collection turtleneck,

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charms. Derek Lam turtleneck, Erin Considine earrings.

NEW DIMENSION

The Transformative Collection



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SHAPE+FILL Expert Serum SHAPE+SCULPT Face Contouring Kit

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gel-like color and shine...



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Easy removal.

It's a true innovation.
Just apply my gel-setter
over any of my gorgeous

nail colors to see plumper, shinier, gel-like color.



America's nail salon expert. Since 1981.



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Ooh, sparkles! For

date night,

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Balenciaga dress,

earring, pumps



Rich colour + smoothing primer in one. New. Clinique Pop™

Do the French

fashion thing for fall

(and meet this

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boots; men's turtleneck,

pants. Robert

Clergerie shoes

Buy now, carry always!



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181 Glamour Shopper In honor of our music section (page 133), we asked our staffers:

What's Your Favorite Music Memory?

"Listening to Van Morrison's Astral Weeks and helping my dad bake." —Eillie Anzilotti, editorial assistant

"Seeing Thrillerera Michael Jackson live. I'd never wanted a red leather jacket so badly in my life." —Anne Sachs, executive digital director

"When I got the job at Glamour, 'Wake Me Up Before You Go-Go' by Wham! came on, and I just jumped around my apartment."

-Meghan Flynn, fashion assistant "When I was four

years old, in 1989, Madonna's 'Express Yourself' came on in my sister's car. I lost my mind." —Jonathan Brenden Clark, assistant

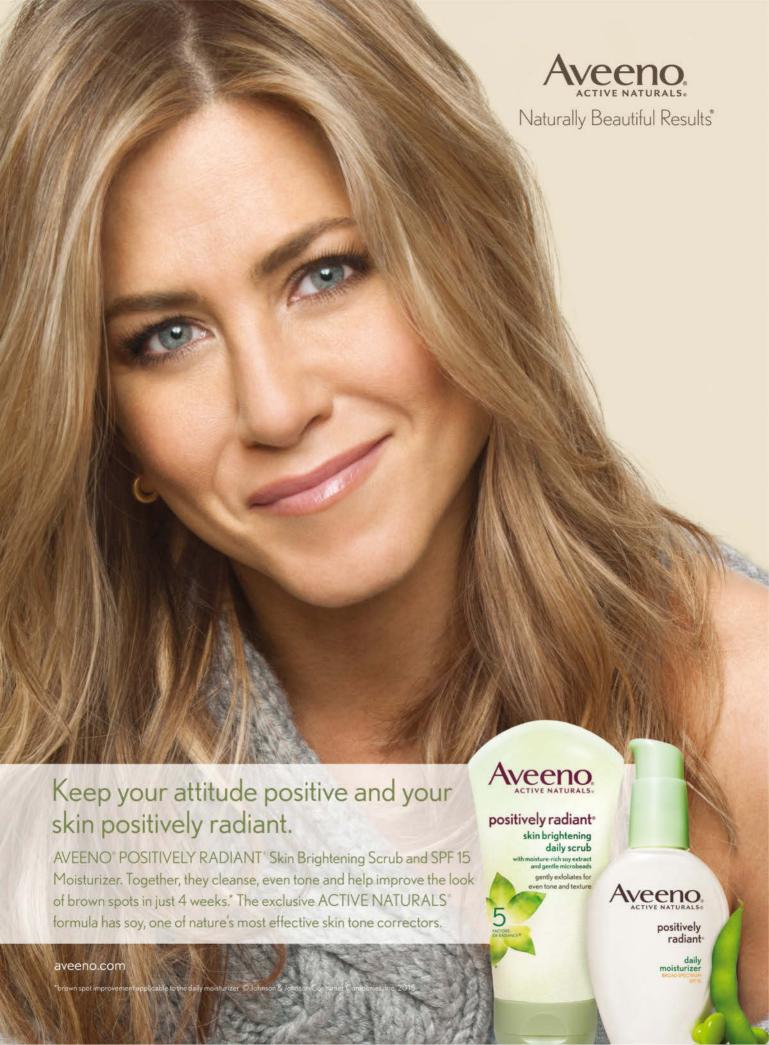
"Talking to Patti of St. Lucia backstage about our Candy Crush woes." —Alexandra Schwartz, assistanteditor

managing editor

ON OUR COVER Amy Schumer was photographed by Matt Irwin in New York City. Stylist: Beth Fenton; hair: Serge Normant at Jed Root; makeup: Maki Ryoke at Tim Howard Management; manicure: Casey Herman at Kate Ryan Inc.; producer: Nicole Hektner; prop stylist: Jill Nicholls at Brydges Mackinney. Covers 1 and 3: Narciso Rodriguez dress. Stella McCartney Lingerie bra. Giuseppe Zanotti Design pumps. Cover 2: Dolce & Gabbana bodysuit. For Schumer's chic makeup and hair, try Clinique Pop Lip Colour in Fab Pop (\$18), Cheek Pop in Rosy Pop (\$21), Chubby Lash in Massive Midnight (\$17, all at clinique.com), and Serge Normant Dry Oil Finishing Spray (\$24, nordstrom.com). See Glamour Shopper for more information; read about Schumer on page 146.



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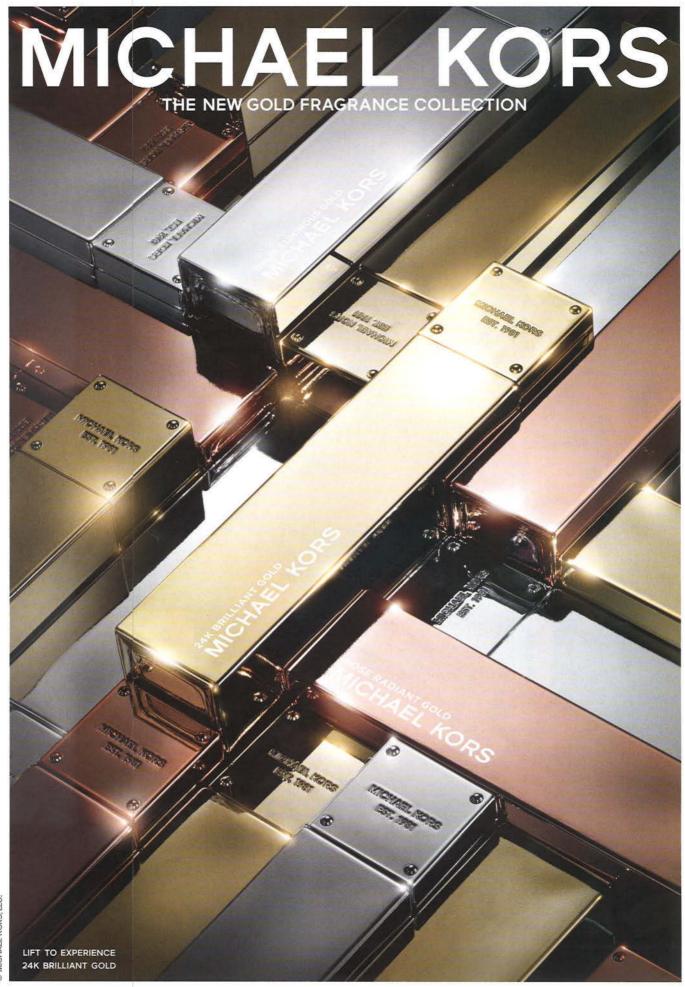
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Amy Schumer, You Are Killing It

No stereotype about women is safe in this comedian's hands. And that is a very good thing.



If Amy Had My Job Her *Inside Amy Schumer* send-up of cringe-inducing women's magazine *Glamo*, above. For the record, I don't make people feed me lettuce in meetings. Or fan me. But I do like her dress.

he messages started to come about six months ago. "Pls pls pls tell me you are watching this," begged one friend, sharing a link (at 2:53 P.M. on a workday, but I'm not judging) to "Milk, Milk, Lemonade," the Amy Schumer clip spoofing big-booty pop songs. After that, my inbox filled with "Girl, You Don't Need Makeup," "Babies & Bustiers," and, most recently, Schumer's instant-classic

speech at the U.K. *Glamour* Women of the Year Awards in June (in which she proclaimed, "I'm 160 pounds and can catch a d-ck whenever I want"). "I am dying," posted a friend. "Dying, Dead. Done."

Yes, Amy was officially everywhere, making women worldwide high-five with delight. Her "ascent has been staggeringly fast," wrote *The New York Times*—but "overnight" successes rarely really are: Amy, in truth,

worked the comedy circuit for a decade, finding her voice along the way. Two years ago I sat mesmerized at a Glamour monologue event as Amy told a hysterical, occasionally painful story about her college sex life. She wasn't just going for punch lines. She was going for understanding, and she wanted to make the women in the audience feel better about their own experiences. Since then, she has gone on to satirize pretty much every aspect of life as an American woman, taking on ageism in Hollywood, ridicu-

lous standards of female beauty—and women's magazines, in a skit cover lines like "Why Your Boyfriend Hates You." I laughed, but the spoof also lives at the back of my mind as a reminder of the kind of editor I never want to be. Instead, I get to edit this magazine, which features

about (fictional publication!)

Glamo, with its sadistic

Instead, I get to edit *this* magazine, which features not one but three Amy covers, and a smart conversation between the *Trainwreck* star and her talented sister Kim on page 146. And we all get another reminder that being yourself, with good humor but without apology, is always an excellent life strategy.

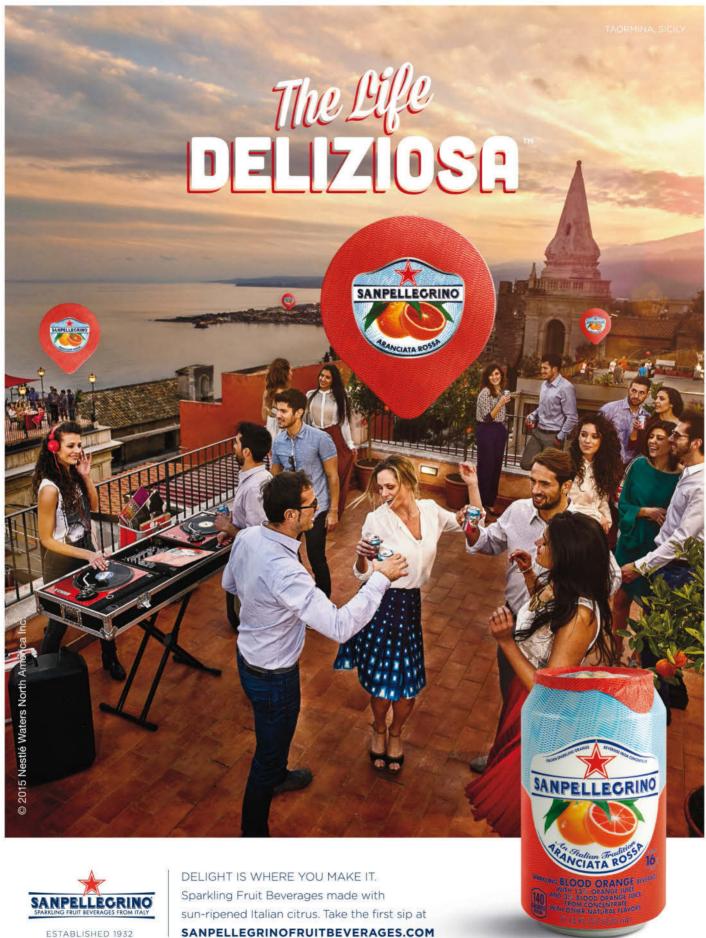
Cindi Leive, editor-in-chief @cindi leive



With Amy at our Women of the Year last November



Giveback When Amy Schumer was just nine years old, her father, Gordon (left, with a young Amy), was diagnosed with multiple sclerosis, a disease of the central nervous system that affects more than 2 million people and can cause full-body nerve damage. "I remember him as this strapping young man, so to see that fall from grace was really hard," she says. So for this month's act of generosity, support the National MS Society (Amy is a champion for the cause), which over the last 69 years has been at the center of nearly every major breakthrough in treating and understanding the disease. Even \$5 will help those living with MS, like Amy's dad. Learn more at nationalmssociety.org now.

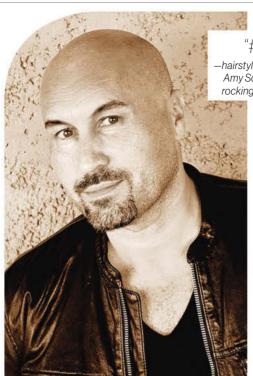


We asked our August contributors to tell us theirs, in a hashtag.
What would *yours* be?



"#EnjoyEveryMoment" -model Ji Hye Park, who shows off the best fall fashion on page 162

Tweet your hashtag to us at @glamourmag



"#DreamBig"

-hairstylist Serge Normant, who gave

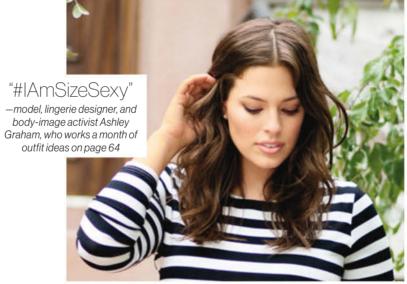
Amy Schumer the chic style she's

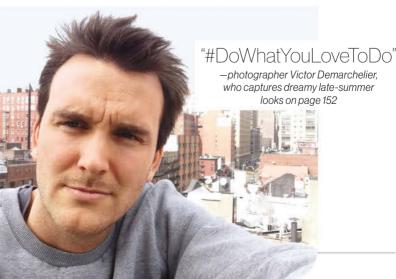
rocking on the cover and page 146



"#Really?!"

-musician Alanis Morissette,
who shares her dating
Dos & Don'ts on page 44







THE NEW CHANCE FRAGRANCE #TAKEYOURCHANCE

Women and men were into June cover star Anna Kendrick—and the issue's theme: success and its secrets.

Loved this article on Anna Kendrick. We need more of these successful women and their stories! —*Alex Rodriguez*, via Twitter

Not a shamed to admit it, just bought @glamourmag because Anna Kendrick was on the cover. Can't say no to Ak 47. —Michael Rutledge, via Twitter

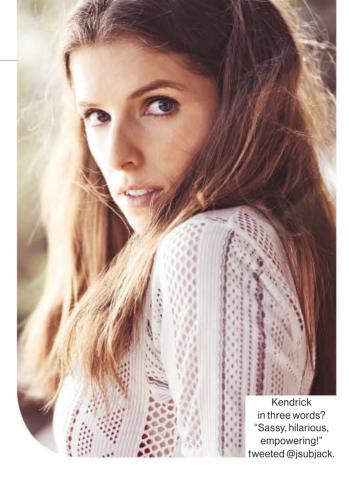
My hubby was reading my June 2015 @glamourmag last night because Anna Kendrick is on the cover, and he said, "She's cool." Aca-duh. —@PumpsPolkaDots, via Twitter

If my shower thoughts were as deep/awesome as @Anna Kendrick47's, I'd never get out of the shower. —Emily Butler, via Twitter [Curious? Watch Anna's "Shower Thoughts" video at video.glamour.com.]

What Success Looks Like to You

I'm vice president of a mortgage bank, and I was so inspired by "What Success Looks Like Now." As I sit at 11:00 P.M., unwinding and preparing for a busy week, I want to thank you for such an empowering magazine. —Sereyna Avila, Los Angeles

Why was Ivanka Trump featured in "What Success Looks Like Now"? She was born wealthy. I, like many middle-class or poor women, had to pay my way to college and graduate school. *That* is success, through perseverance and intelligence. —*Marlyn Duarte, Durham, N.C.*



Success = how you make people around you feel. Love this definition by @cindi_leive of @glamourmag. —@juleytl, via Twitter

Gender Equality in the Workplace? "Yass!"

Paternity leave is important for the reasons Blake Mycoskie listed in "Taking Paternity Leave? A Do!" But there's another: I believe I was passed over for a promotion because I "keep having babies." If men took paternity leave, there wouldn't be a tendency to hold women back in careers just because they are (or could soon become) mothers. —piedpiperofcool, via glamour.com

The kicker of "Why Should a Man Make More Than Me?" by Judy Greer? She said she wasn't raised to talk about money. But that's the first step in closing the pay gap! *Every* person needs to be taught how to take care of her finances. —*Cassie Clark, Wichita, Kans.*

Where Has Your Glamour Been?



"Relaxing on a girls" cruise to Mexico!"

–Kelly Hart, 27, near left, with Kimberly Morones, 27, Kristen Hatfield, 26, and Rachel Lindsay, 26, all from Orange County, Calif.

Gone someplace special with your Glamour? Send or tweet us a photo! See details below.

Oh my God, yass—I'm so glad Judy Greer spoke about this! Studies show women are treated negatively when they negotiate better pay. Women should not be punished for "killing it" in their careers.

—hemalayaa, via glamour.com

As a father of four females, I completely support this cause. Thank you, Judy Greer, for having the bal—er...ovaries to put it out there! —Joey Cora, via Twitter

Missed any of the stories in our June issue? Download the digital edition from your device's app store.

GOT AN OPINION? Sure you do—and we want to hear it. Email us at letters@glamour.com; tweet to @glamourmag; comment on glamour.com or facebook.com/glamour; or write us at *Glamour*, One World Trade Center, New York, NY 10007. Submissions and comments become the property of the magazine and won't be returned; they may be edited and can be published or otherwise used in any medium.



Post These Before You Go!

Even your Instagram feed deserves a little sunshine. Share these, then go unplug. Curated by Alexandra Schwartz













Instagrammed by @arimadesigns, arimadesigns.etsy.com



It's bad manners to keep a vacation waiting.

Modified from a pin by Martha Monroe



Instagrammed by @blaireadiebee, atlantic-pacific.blogspot.com

Modified from a pin by Linda Chumbley

> Like What You See? Share this month's picks by visiting Glamour's Facebook, Instagram, Pinterest, Tumblr, and Twitter pages. And send a link to anything else you're loving to omg@glamour.com.

DAZZLE WITHOUT THE HASSLE

WHITER TEETH IN 3 DAYS*
JUST BY BRUSHING

1 Des P

Exclusive beauty tips from Blair Fowler: youtube.com/colgateopticwhite

Colgate'







FALL 2015 AGJEANS.COM









Fanny packs—excuse us, "belt bags," to use your preferred terminology—have taken a step up in the world, thanks to fashion houses like Chanel and celebs like Sarah Jessica Parker, above right, and Kate Hudson. So we asked you: Are the new, fashiony fanny packs a Do or a Don't?

THEY'RE ADO: "They're not the same ones our dads wore in the nineties to embarrass us.

Now they're chic, stylish, and more convenient for a woman on the go than a large purse is."

—Kelsey Schultz, 29, Denver

THEY'READON'T: "I can see its purpose for a night when you know you'll be at the club and, like, raising the roof a few too many times. But still, no. If I wanted a fanny pack, I would have kept the awesome neon one I wore to roller rink birthday parties in elementary

school." — $Kelly\ Caitlin\ Pike,$ 25, $New\ York\ City$

THEY'RE ADO: "I've been raving about the return of the fanny pack since I saw SJP in a Gucci one last fall! People hear 'fanny pack' and moan, but I don't mind the term. If it's a big deal, call it a belt bag." —Stacey Petersen, 34, Minneapolis



The Dos & Don'ts of the Two-Braid Trend



DO position braids behind your ears. Otherwise, expect to be asked where on the prairie your little house is.



DON'T worry if you can't do French or fishtail. Regular braids are just as Pinterest-worthy!



DO toughen them up with a red lip or a grown-up cat eye.



DON'T wear them to playgrounds.
Too confusing.

-Marci Robin



The Glamour List

Superpowers Every Girl Could Use

A short wish list, in honor of the upcoming superhero flicks and TV shows

By Alexandra Fiber and Danielle Gibson

- 1. Turbo Thumbs: They get your joke to the group text first. Ba-dum-ching!
- 2. Ex-ray Vision: Use it to avoid your old flame—and his new one.
- 3. Bad-Vibes Force Field: Your office Debbie Downer can whine all she wants without ruining your day.
- 4. Superbass: Allows you to rap

like Nicki Minaj. Would-be karaoke challengers, you have been warned.

- 5. Gymvisibility: No one will see you sweat!
- 6. "Like" Magnet: All of your posts instantly attract thousands of double-taps. Look, you're Insta-famous.

BE A BLONDE BOMBSHELL

BLONDE SEXY HAIR WITH

Chamomile keeps it bright & toned Honey hydrates & nourishes Quinoa provides protein to strengthen & repair







GREAT FOR HIGHLIGHTS



sexyhair.com and professional salons



Atten-tion! The Army Green Do

Once upon a time, army green was reserved for cargo shorts and military jackets. No more! Now, thanks to designers like Mary Katrantzou and Michael Kors, everyone's piling on 50 shades of olive, with dresses *and* skirts *and* shirts. Watch your back, black—allover green is the new *Glamour* Do.







Anatomy of a _____

Laid-back lace? We swear it's possible—and Dakota Johnson is living, breathing, head-turning proof. Here's how to get her style.



any collarless neckline.

Don't let the softer skin and fresh scent fool you, it's one tough acne-fighter.











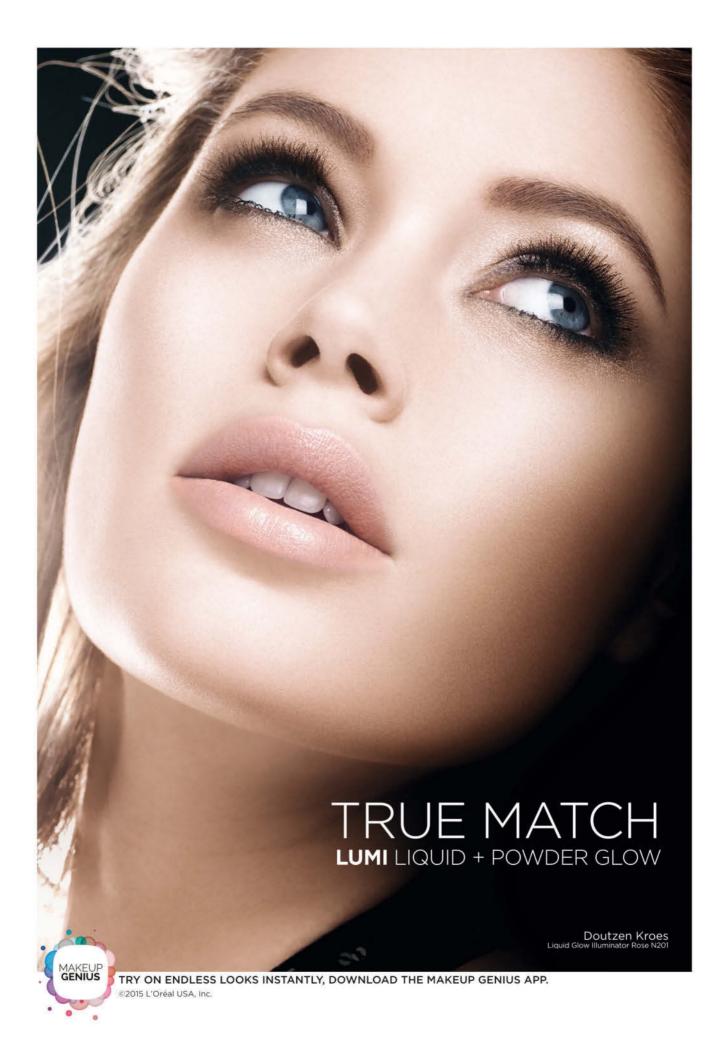


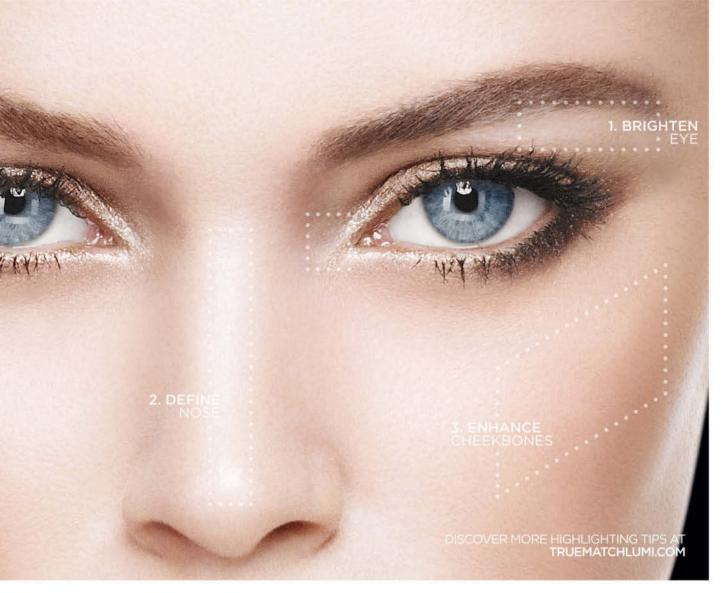
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The Dos & Don'ts of Real Dating By Alanis Morissette

As Jagged Little Pill turns 20, the woman who made a career out of singing about relationships shares everything she's learned. You oughta know!

've probably spent 99 percent of my life thinking about relationships,"Alanis Morissette, 41, tells Glamour. "I'm obsessed!" So when we asked the legend behind songs like the fierce, heartbreaking "You Oughta Know" and swoony "Head Over Feet" to share the 20 years' worth of dating advice she's acquired $since \, releasing \, {\rm Jagged} \, \, {\rm Little}$ Pill, she was happy to oblige. "I consider myself a soldier of love with a lot of experiences," Morissette says. "Here's what I've learned so far."

First of all, DO know your chemistry.

You want to have a general sense of what you're looking for. If it's a fling and you know you fall hard because, mone by cluttering your dance card and dating multiple people (exhausting, but I know of no better way).

DON'T overstay your welcome.

When I was dating I would be so enamored with a certain quality a guy had that I would ignore the fact that, you know, maybe he was obsessed with his work. If I stay too long, I fall into a trance, so I usually wouldn't stay longer than three hours on a date. I have never experienced "leaving too early" regrets, but I have experienced "staying too long."

DO be true to you.

You never want to behave too overly "presentationally." Don't fake the funk! Etiquette and social grace are your

"It seemed like a lovely moment, but then he started processing his ex-girlfriend to me."

well, we're biologically built to (watch that oxytocin!), then schedule a different date the next day. Not kidding! Sniffing someone else's pheromones can keep you from flying off into infatuation land. You can also counter the bonding hor-

friends, but misrepresenting your values (are you into monogamy? Jesus? kids?) will only keep a relationship alive longer than needed.

DON'T talk about your exes.

Exception: If you're fresh out of



a relationship and find, on your new date, that you mysteriously can't stop crying in the bathroom, it is best to say, "I realized I am not ready to be on a date yet; I am so sorry." Then pay for your part of the bill and politely leave. Better than regaling your unwitting date with details of a past love or having him do that to you. I remember making out with a well-known hockey player when I was in my teens. It seemed like a lovely moment, but then he started processing his ex-girlfriend to me for about an hour and a half. Major buzzkill. Well-placed containment is your friend!

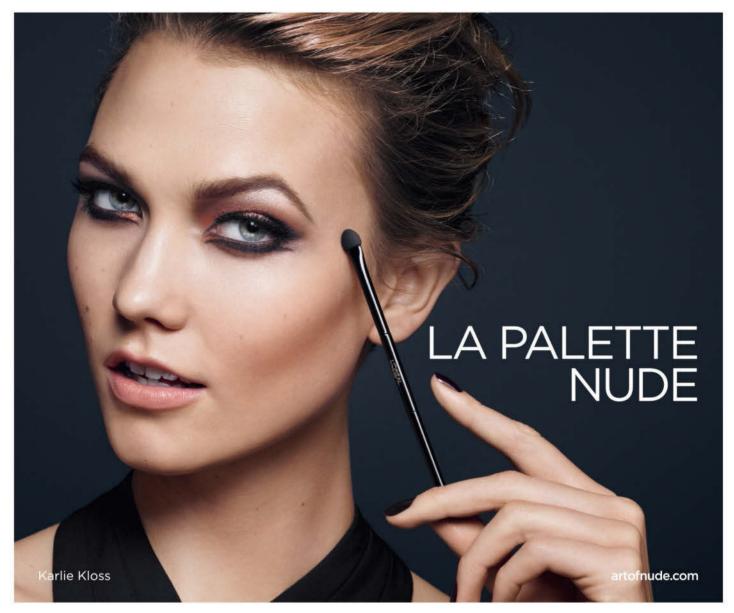
DO be wary of love addiction.

Often that butterflies-in-yourstomach jolt is a symptom of love addiction, or craving a romantic fantasy of love in which the person serves as a high, and it can keep you from experiencing deeper (typically uncomfortable) underlying feelings. A love addict might seem like a sexy thing to be, and Lord knows there have been countless songs written about that impulse—"Head Over Feet" is about why I pushed away functional love—but this addiction is deeply painful. Stave it off by prioritizing self-care, not always putting your partner's needs above your own, and not dating anyone who isn't emotionally available. Love addiction might get your heart palpitating, but you'll ultimately be left feeling empty.

DO let go and have fun.

Dating is the best—and OK, it is also the worst and sometimes the most ridiculously funny-and one day you will have some great stories to tell. When I met my husband, I was probably casually dating seven people at the time. I was in fling mode! But I was ready for a long-term commitment, so my prayer was, "Let the person I'm supposed to be with pull ahead of the pack." And he pulled ahead of the pack! Just know that you are resilient, that you can take care of yourself, and that while the best laid plans are lovely, life happens. Godspeed! Love you! Have fun! 6

Alanis Morissette is a Grammy-winning singersongwriter. She is currently writing her first book.





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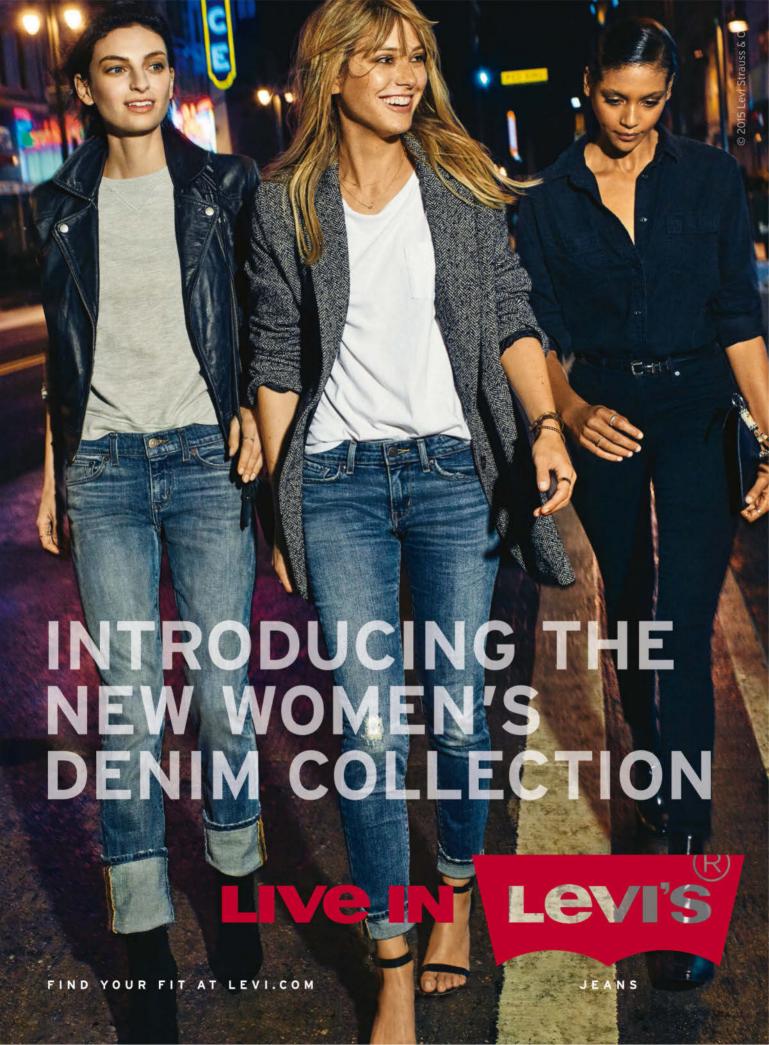
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L'ORÉAL MAKEUP DESIGNER/PARIS



Edited by Jessica Sailer Van Lith







JAMES BYANG; HAIR. DEBORAH BRIDER AT THE WALL GROUP. WALERY GHERMAN AT ART DEPARTMENT. PROPS: ERINSWIFT. STILLS: **CHRIS GORMAN**; STYLIST: RENATELINDLAR. ON SAILER VAN LITH: MONIQUE PEAN NEOKLACE: DAVID YURMAN RING; BULGARI PINKIE RING; HER OWN EARRINGS AND PINKIE RING



Kilian Silver

Kilian Silver Travel spray (\$80, saks.com)

Pat Areias Sterling belt (\$370, patareias.com)



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Pamela Love rings (\$198, \$498, \$198,

pamelalovenyc.com)

When your denim's this sexy, keep the rest tailored. Blazers mean business.





Gianvito Rossi pumps (\$850,

D (C

net-a-porter .com)



SHAKEN 10 TIMES BY YOUR BARISTA TO UNLOCK THE VIBRANT FLAVORS



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FALL 2015



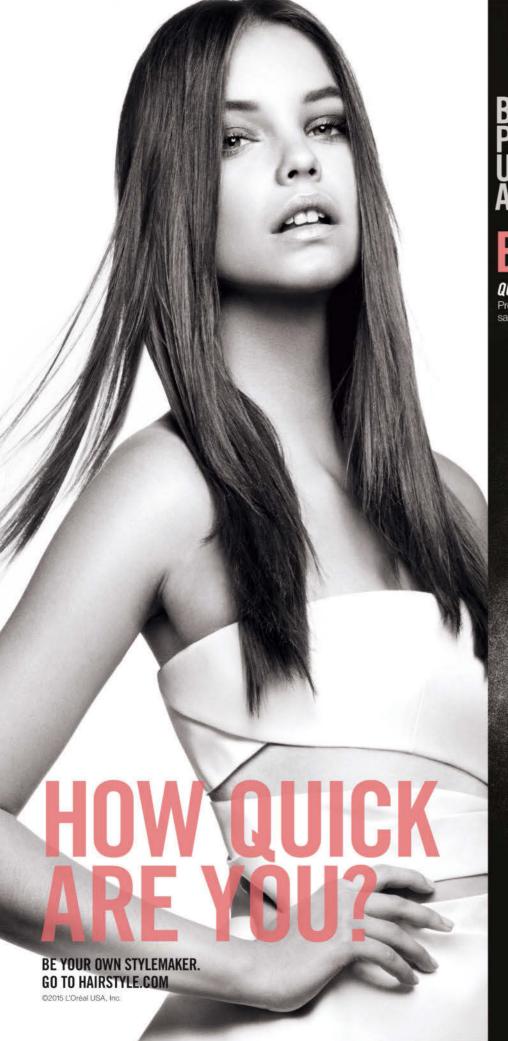


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THE VELVET BOOTS Ivanka Trump boots, \$139; Alexa Chung for AG jeans, \$198



THE CLASSIC BAG Lauren Ralph Lauren, \$178



THE BUTTON-FRONT SKIRT (AND MEN'S WATCH) **Hudson Jeans** skirt, \$245; **Tag Heuer** watch,
\$2,400; **Paige Denim** shirt, \$115

What We're Buying Now

Our editors' favorite denim, and more of-the-moment shopping suggestions



THE INSTANT-POLISH BLAZER J.Crew, \$595



THE CAT-EYE SHADES ASOS, \$22



THE PATCHWORK SHIRT Sea, \$295



THE BUCKET BAG Cole Haan bag, \$498; Levi's shirt, \$68; True Religion jeans, \$198



THE HIGH-WAISTED JEANS 7 for All Mankind, \$235



THE I.D. NECKLACE Banana Republic, \$70



THE MOD SKIRT Carven, \$440



THE LACE-UP DETAIL BCBG Max Azria dress, \$648





Edited by Jane Keltner de Valle



60 glamour.com Photograph by Heather Klurfeld

look subtle shimmer without screaming for

attention (dark bling being less in-your-face

Riviera scene in a Rosie

Assoulin dress and Karen

Walker sunglasses.

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IVAL DE CANNES

My Red-Carpet Moment

Natalie Portman! Naomi Watts! Catherine Deneuve! Karlie Kloss! And...moi? To help bring the drama, I'd called on designer Prabal Gurung, who readied me for the red carpet with—what else?—a dress trimmed



WWBD? (That's "What Would Bardot Do?")

The original French bombshell, below left, seduced the crowds with stripes, a cat eye, and that je ne sais quoi. I packed my bags with every *marinière* stripe in my closet—and a seaside essential, my Eugenia Kim straw hat, below right. As for Brigitte's French attitude, unfortunately they don't bottle it. But I did my best to play the part with mega shades and a carefree air.





Keep up with Jane's latest fashion adventures on Instagram @janekeltnerdev.

The Sparkle Factor

You need drama in Cannes; I went for a Swarovski clutch wrapped in glimmering jet beads and an Atelier Swarovski bracelet, below. (Fun fact: When Marilyn Monroe sang "Diamonds Are a Girl's Best Friend" in Gentlemen Prefer Blondes, she was actually wearing Swarovski crystals, not diamonds at all.) "If you want to portray something very

valuable [on screen], it is so much easier to do

with crystals." says Nadia Swarovski.



than the crystal clear variety). On the red carpet at the opening ceremony of the festival, an assembly line of photographers is yelling out names like Sienna Miller. Miller is on the jury of this year's festival, and she's wearing Atelier Swarovski drop earrings. I'm in good company!

Swarovski has had a presence at the Cannes Film Festival for more than 15 years. Nadja Swarovski, great-greatgranddaughter of the founder of the house, says the Hollywood connection is real: "Since the emergence of the silver screen, costume designers have been using Swarovski crystals." Dorothy's slippers in The Wizard of Oz, Grace Kelly's jewelry in To Catch a Thief, the ballet costumes in Black Swan? Swarovski, Swarovski, Swarovski. Now the house descends on Cannes every year to outfit the stars. "It is the right environment to shine," Nadja says. "At the Oscars or Cannes, you can't ever be overdressed."

And I loved that about Cannes. My own style is polished, and I admire a place where even the general public is turned out for day. This is not a jeans-and-sneakers culture. Heels or chic espadrilles are mandatory, and one doesn't step out with a wrinkle in sight (I'm talking fashion; I could do without all the cosmetic surgery I saw there!). For a lunch at the seaside boîte Tetou, I forgo a standard sundress in favor of a floorlength skirt with tiers. When in Cannes!

That evening Swarovski cohosts a dinner attended by Miller, producer Harvey Weinstein, and actress Alicia Vikander. I slip on a Rosie Assoulin halter dress in siren red, and drink and dance until dawn—or at least until a car arrives to take me to the airport. My flight home is at 6:00 A.M. So at three in the morning, like Cinderella after the ball, I quietly slip out of the party and into my airplane clothes. How's that for a reality check?



The Month in

Model, lingerie designer, and body-image activist Ashley Graham whips up 31 looks with six key pieces. Gorgeous!



The bold blazer polishes up my early fall go-to: a classic buttondown, jeans, and stilettos.







Lane Bryant (sizes 14-28 \$128, lanebryant.com)



You can wear a sequined skirt to the office. The secret? Keep tones earthy and neutral.



denim













(sizes S-XXL, 1X-3X, also petite and tall, \$70 eddiebauer.com)

















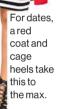




























Marc Fisher LTD loafers (\$155, marcfisherfootwear .com in September)

Sigerson Morrison

shoes, \$395.

flats or tall black boots."

blazers by J.Crew, and vintage Chanel ballet

dress (\$140,

republic.com)

banana



tailored jackets, and heels."

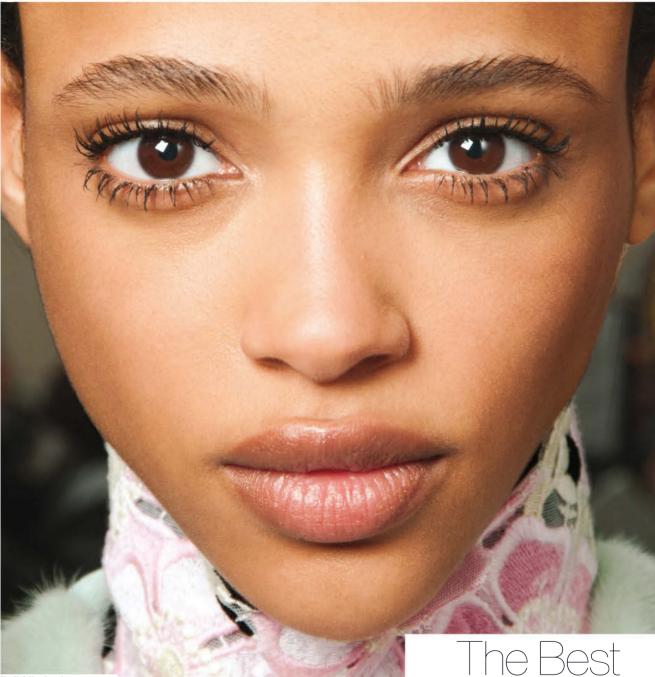
but I realized at some point that regular

button-down shirts were too masculine for

me. Instead, silk blouses, which flow and feel more feminine, are my staple. I typically pair them with straight-leg pants,

OUTSHINE YOUR SHINE GET YOUR GLOSS ON





Doll-Like Lashes

For the feathery ones seen at Giambattista Valli, here, use three coats of lightweight mascara, which is easier to layer than a volumizing one, says makeup artist Val Garland. We like **Cover-Girl** Full Lash Bloom by LashBlast Mascara

(\$9, covergirl.com).

Beauty Tricks
We Saw
at the Shows

From the fall fashion runways...to *your* bathroom mirror. By Maureen Choi



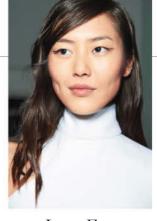
The Graphic

fyou have a love-hate relationship with eyeliner (as in, love the look, hate actually doing the look), here's your new go-to trick: Use a fan brush! It makes it a breeze to DIY the geometric swoosh seen at Tracy Reese's fall show, above, says makeup artist Sir John. ON YOU: Start by lining your top lids and lower lash lines with a dark brown pencil, then swirl a fan brush, like the one above right, in a cream shadow and swipe across your lids from the inner corners to just past the outer edges of your brow. Once you've got the outline, fill in the

holes and define the wings with a pointed eyeliner brush and more cream shadow or a pencil liner in the same shade. Finish with three to four coats of mascara on

the upper lashes only.





Iron-Free

No curling iron? No problem. All it takes to create the perfectly tousled style seen at the Mugler show, above, is some styling cream and a blow-dryer.

ON YOU: First, a little product. says hairstylist Shon Hyungsun Ju. If your hair is damp, apply a curl-enhancing cream (we like Herbal Essences Totally Twisted Curl Define & Hold Crème, \$4, at drugstores) from midlength to ends; if it's dry, mist on a sea-salt spray to rough up the texture. Now add the waves: Take a two-inch section by the ends, twirl it tightly around your finger, and hit it with a blow-dryer until it holds its shape; release your finger and repeat all over. Once hair is cool, shake it out and spritz with hairspray.



HEALTHY GLOW Nars Dual Intensity Blush in Fervor (\$45, narscosmetics.com)

The One-Shade

More great news for beauty novices everywhere: The prettiest look of the season, designed by makeup artist Diane Kendal at Thakoon, above, is almost impossible to mess up. She created it by swiping super-sheer washes of coral on eyes, lips, and cheeks.

ON YOU: To define your eyes, dip a damp brush into powder bronzer and apply it wet on lids, then layer a shimmery peach blush on top to pump up the sherbet tint. Sweep the same blush on cheekbones, blending up to the temples. (For extra credit and "that light-

reflective quality," says Kendal, dab a pearly highlighter on top of cheekbones, just under brows, and down the bridge of your nose.) Finish by lightly pressing a touch of warm rosy lipstick onto lips with your fingers for a barely there stain. Done.





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The Mismatched

We're not big into beauty rules, which is why we're loving this different-polish-on-each-hand option spotted at Dior, above. It's surprising and a little subversive.

ON YOU: The goal here is sophisticated glamour, not rainbow Skittles, so choose two complementary jewel-toned shades (think royal blue and black; we like Dior Vernis in Darling Blue, \$27, dior.com, and Sally Hansen Miracle Gel in Blacky O, \$10, at drugstores) rather than neons or pastels. In the mood for something edgier? Try alternating colors finger by finger.



The Perfect Peach Lip

> he best beauty investment you can make this fall? A

fresh tube of pinky beige lipstick. (Or if you want a just-for-you hue, mix your favorite matte nude with a touch of fuchsia gloss, as makeup pro Tom Pecheux did backstage at Haider Ackermann, above left.) ON YOU: Preplips with an exfoliating sugar scrub, then slather on lip balm. Line lips with a neutral pencil, like L'Oréal Paris Infallible Never Fail Lip Liner in Nude (\$9, at drugstores), and with a clean lip brush add a thin coat of color (two good choices, left). Blot, and voilà: apricot lip goodness!

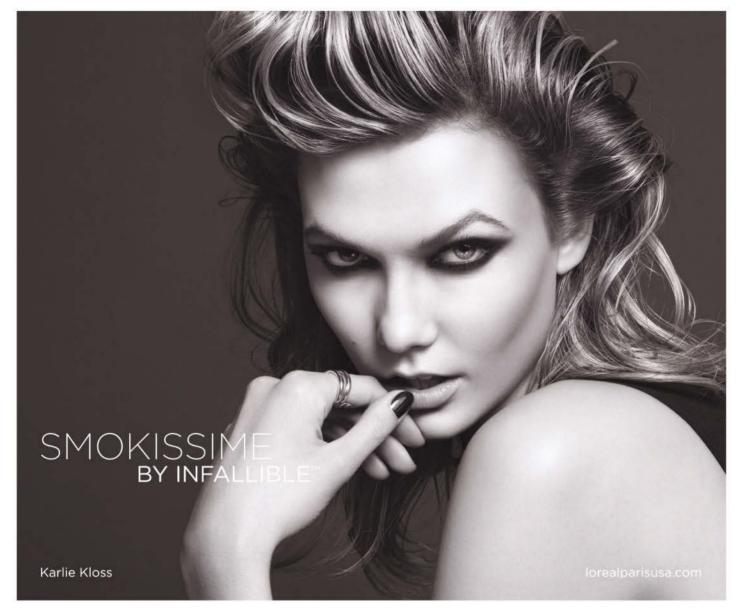
The Twisted

Presenting the chicest way to elevate a low ponytail: a French twist hybrid, as seen at Hervé Léger's fall show, right. "This is the look for when you need your exit to make a bold statement," says Orlando Pita, the hairstylist who made it happen.

ON YOU: If you have curly hair, apply a smoothing cream like Tresemmé Runway Collection Get Sleek Blow Dry Balm (\$7, at drugstores) on damp hair and blow-dry with a soft-bristle brush. (Skip the balm if your hair is straight.) Work a little gel into the roots, create a deep side part, and roll one side back, pinning with bobby pins as you go so it stays in place. Repeat on the other side, then bring the two pieces together at the nape of your neck and secure with an elastic. To tame strays, spritz hairspray on a toothbrush and smooth over hair. (See page 82 for more pony alternatives.)



Get even more beauty scoop from backstage at lipstick.com/runway-beauty.



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Genius tricks from the designer (and now polish creator). By Maureen Choi

o one owns flawless chic quite like Spice Girl turned designer Victoria Beckham (see her collections of body-con sheaths and tailored trousers for proof). So for her latest beauty project, a collaboration with the British brand Nails Inc, you know this girl's not rolling up with a chipped mani! Here Beckham shares her go-to shades and the manicure rules she lives by. Specifically:

Slather On Cuticle Oil: "Beyond a good base and topcoat, make sure you use cuticle oil—and a lot of it. I keep a tiny bottle in my bag and put it on twice a day, along with hand cream. My manicurist once told me to treat my nails as jewels, not tools!"

Never Cover Up Chips: "If you've got chips, I suggest you take [your polish] off and start again. It's better to have clean, bare nails than untidy ones. Wipes make it easy when you're in a rush or on the go."

Skip the Nail Art: "I prefer manicures that look effortless, and there's nothing effortless about doing art on your nails."

Go Nude for Day: "Between four children and work, I don't have time to change my varnish often enough to color-coordinate [with my outfit]. So it's pretty much nude most of the time, because it goes with everything. My Nails Inc shade [above] is slightly whiter, which makes it fresh."

Wear Red for Drama: "If I'm going out, I'll put on red. Mine is bright and summery with a hint of orange to make it feel modern. It's a bit more unexpected and a lot more fun."

HER SIGNATURE SHADES "They're modern colors that are perfect for summer." Victoria, Victoria Beckham x Nails Inc nail polish in Bamboo White, above, and Judo Red (\$25 each, nailsinc.com) MISIN VVB VICTORIABECKHA BYREDO PARFUMS BLANCHE CRÈME MAINS HER HAND SALVE

Here, More to Try for Chip-Free Nails

push your cuticles back with a damp washcloth before painting nails, says manicurist Anya Sussman.

The best time to do it? Right after a shower, when they're nice and soft.

use polish remover on nails before applying base coat most contain oils that create a barrier between nails and polish. To remove residue, swipe nails with a cotton pad doused in rubbing alcohol.

apply the right amount of polish on each nail. Before painting, wipe one side of the brush against the bottle so it's fully clean, then swipe the other side on the nail to achieve a thin coat of color

Byredo Hand Cream in

Blanche (\$39, byredo.com)

write off gel polishes. The latest at-home formulas can be used without harmful UV lights. Or to extend the life of any lacquer, finish with a gel topcoat. Sally Hansen, Essie, and CND all make great ones.

Want more beauty tips? Get 'em all day long at lipstick.com.



The Month in Hairstyles

No one-trick ponies here! Vary the classic updo this August with these 31 gorgeous new remixes. By Jennifer Mulrow





sections for a

graphic vibe...

10

...or keep things simple

with a strong center part.





Wrap a section of hair around a ponytail's base.

continued on next page



16

Do a thick plait over a French braid for bohemian flair.









Elevate an everyday

loop with

a classic

black bow.





Flip a high pony to the side; secure with a jeweled pin.





nude leather band.

Use colorful rings to fasten a faux-hair extension.

16, 23, 30; ADAMKATZSINDING/BLAUBLUTEDITION, 15, 31; ADAMKATZSINDING/LE21EME.17; REX/REXUSA, 18: JASONILOYDEVANS, 19, 21; GORUNWAY, 20; FRENCHY STYLE/BLAUBLUTEDITION 22, 24, 27, 28, 29; IMAXTREE.COM, 25, 26, **MARK LEIBOWITZ**

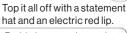








Wrap sections around a curling iron for a little movement.



Braids, buns, ponies, and more! Get endless hair ideas at lipstick.com/hair.

Short on

time? Try a

the nape of

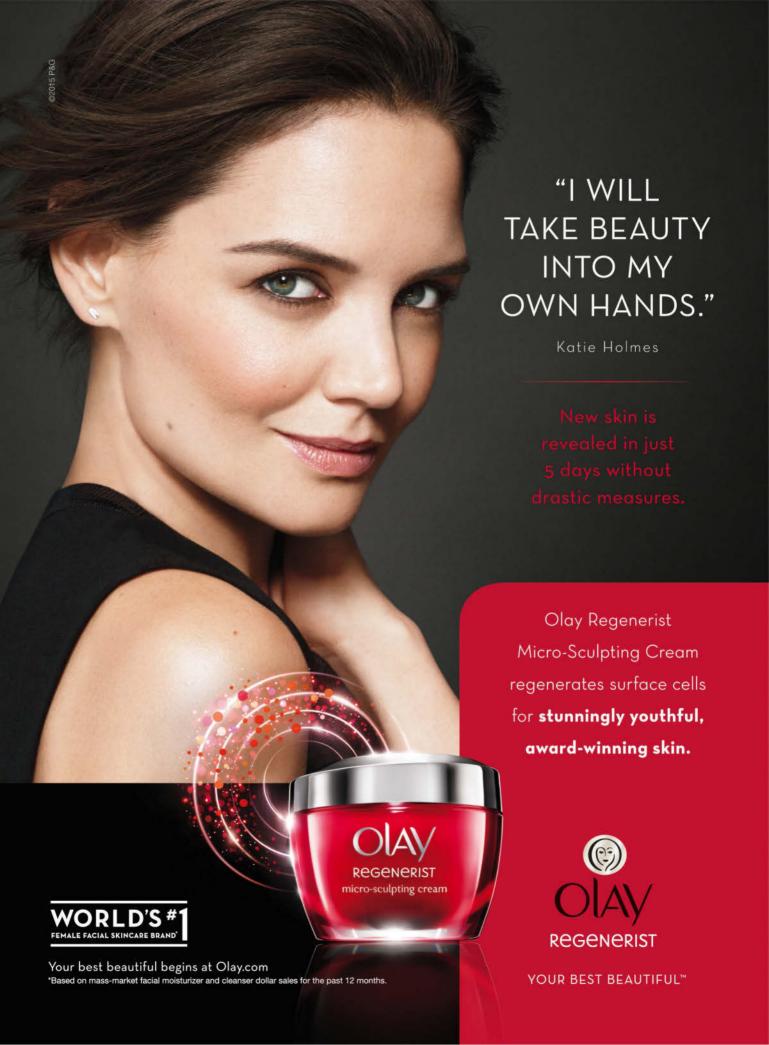
your neck.

basic braid at





moment in Hollywood!'



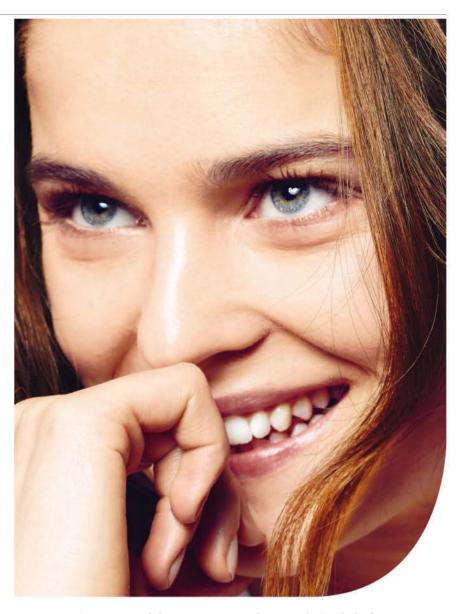
Not every trick that promises to freshen up vour face works. But these four do. By Cristina Mueller

e know, we know, it sounds like the pitch of a snakeoil salesman: Make these simple changes to your life and watch years melt away! But research shows that there are real strategies that do produce glowier, younger-looking skin, and they don't involve needles or a dermatologist visit. There aren't a whole *lot* of these proven tactics—many hoped-for solutions don't bear out under scrutiny in the lab-but there are enough. Here, a skin-improvement plan that actually, truly works.

\int Add Retinol to Your Skin Care

As antiaging ingredients go, nothinghonestly, nothing-works better at boosting collagen, reducing fine lines, evening out discoloration, and tightening pores than the little vitamin A molecule called retinol. "There are decades of research about how it stimulates cell turnover and gets skin looking and act-

> A NOURISHING RETINOL SERUM Sunday Riley Luna Sleeping Night Oil (\$105, sephora.com)



ing younger," says Scottsdale, Arizona, dermatologist Jennifer Linder, M.D. "And that doesn't even get into how great it is at fighting acne too." Retinol can prevent breakouts, she explains, and even reverse sun damage: "It's really the be-all and end-all in antiaging." What's been exciting

recently, she adds, is how far overthe-counter creams and serums have come from the earlier harsh, face-peeling versions like prescription Retin-A.

"The improved blends are more stable and are now paired with skin-calming ingredients," says Dr.

Linder. The usual retinol caveats apply: Use SPF religiously, since retinol can initially make your skin more sun-sensitive:

apply it at night (sunlight deactivates retinol); and ease into a routine by applying every other day for the first few weeks. "But now there are elegant formulas that have moisturizers like hyaluronic acid [try Roc Retinol Correxion Max Wrinkle Resurfacing System, \$30, CVS] or oils [like the Sunday Riley one at left], plus all these great additional antioxidants, so you can tolerate it better," she says. You should see wrinkle-minimizing in about six weeks, if not sooner.

Boost Your Cardio Workout

Here's the most intriguing antiaging news we've heard in a while: Doing cardio may erase years from your skin. In a recent study from McMaster University in Ontario, researchers found that active adults had skin that was more resilient



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and thicker than that of their sedentary peers. But good news: They also found that if those sedentary 65-andolder volunteers—the ones with thinner. older-looking skin-rode on a stationary bike or jogged twice a week, the inner layer of their skin plumped up after three months. So start exercising now; it's never too late.

3 Massage Your Face

You know those moments during a facial when the aesthetician gives your face a little rubdown, midtreatment? It turns out that's more than just a fancy way to put on a moisturizing mask. Face massages have been shown to improve your mood-and emerging research indicates they may also help reduce puffiness if you do one a couple of times a week for three months. Or if you want to treat undereye bags and dark circles, San Francisco facialist Kristina Holev advises smoothing on an eye serum (like the one above), then tapping your middle finger near the inner corner of your eye, just underneath your eyebrow, and gently pressing all the way around your eve. "Start with three minutes a day," says Holey. "There can be a lot of congestion there."

If DIY isn't for you, some aestheticians offer a type of so-crazy-it-may-work French face massage in which the facialist actually gets her fingers inside your mouth (stay with us here) and goes to work. "It's the buccal technique," explains Holey, who learned the method from Parisian biochemist turned facialist Joëlle Ciocco (go to lipstick.com/ face-massage for a list of U.S. spas that provide the service). It works, Holey says, because the aesthetician can better target your facial tissues from both inside and out; and pressing those tissues helps

A SOOTHING EYE HYDRATOR Odacité Baobob Sasparilla Eye Serum (\$42, odacite.com)

reduce dullness, boost circulation, and loosen the tiny muscles throughout the mouth, upper lips, cheeks, and jaw. Clients generally see some lifting right away, and it lasts anywhere from a couple of days to a week, Holey says.

Eat More Vegetables

Specifically, add these vitamin-rich, antiaging powerhouses to your diet: For brown spots or unevenness, load up on vitamin A (the same vitamin retinol is derived from), which studies have shown can protect the skin from UVA sun damage. You can find tons of the stuff in carrots. Los Angeles nutritionist Kimberly Snyder also loves red cabbage, which, she says, "contains the antiinflammatory vitamin E, not to mention lots of cleansing fiber to help lower cortisol levels and prevent lines around the eyes from starting in the first place." (Cortisol, the hormone your body produces when you're stressed out, has been shown to cause a whole cascade of bad-for-skin reactions.) Last but not least, look for vitamin C, which you can get in **red bell peppers** (and a slew of other fruits and vegetables): "It can help to repair and regenerate your skin's collagen and strengthen cells," says Snyder. Cabbage plus carrots plus bell peppers: You've got the beginnings of a nice slaw, and some seriously glowing skin. "People go to great lengths with supplements," notes Snyder, "but it's so simple-and delicious!-to get gorgeous skin through whole foods."



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The Real Flat Belly Diet

Behold, the research breakthrough on what truly beats bloat. By Sunny Sea Gold

arlier this year I was feeling as inflated as a Macy's Thanksgiving Day Parade balloon.

I know, belly complaints are pretty common—research shows nearly 20 percent of women have chronic constipation and 14 percent have symptoms like pain or bloating—but this was happening so often I was getting cranky. Really cranky.

I was tempted to blame gluten—after all, I'd read the headlines about an Australian study that showed that eating the protein (found in wheat and other grains) can cause stomach ailments even in people who don't have celiac disease. And everyone knows someone who has cut gluten from her diet and looks and feels fantastic.

There was just one problem: Those headlines were wrong.

Over the last five years, gluten-free diets have gone from little-known concept to full-blown food craze, and recently those same scientists decided to run a more rigorous study to confirm that gluten—not something else—had been the troublemaker. (Props to responsible scientists.) They knew compounds called FODMAPs (for fermentable oligo-, di-, and monosaccharides and polyols) can also cause stomach

issues. Gluten and FODMAPs are often in the same foods, so the researchers put 37 adults with tummy troubles on a diet free of both. After two weeks, everyone felt better! Then they started eating gluten again, and guess what? Only 8 percent of them had worse symptoms—so FODMAPs, not gluten, were likely what was bugging the other 92 percent. The takeaway? "There's some evidence gluten sensitivity exists, but probably only in a small number of people," says study author Jessica Biesiekierski, Ph.D., one of the world's top gluten investigators. "People who believe they have it are likely to benefit from eating fewer FODMAPs."

Belly 101

First, a primer: In your gut-the part of your body that digests food-there are trillions of bacteria that help your body break down what you eat, fight infections, even keep your mood steady. "They all have different functions, and the more diverse the community, the better your health," says Gerard Mullin, M.D., director of Integrative GI Nutrition Services at The Johns Hopkins University School of Medicine in Baltimore and author of The Gut Balance Revolution. But if any one type gets overgrown or depleted, your health may suffer. Of course, our modern lives can easily disrupt that perfect ecosystem: antibiotics, drinks with artificial sweeteners, binge drinking, and a breadand-pasta-heavy diet can all throw things out of whack.

This is where FODMAPs come in. They're molecules found in five types of sugar: fructose (in foods like apples, pears, honey), lactose (in chocolate, milk, cottage cheese), fructans (in wheat, garlic, onion), galactans (in beans, lentils, soybeans), and polvols (in apricots, sweeteners). FOD-MAPs aren't unhealthy, per se, but they do have one thing in common: They're osmotic-that's fancy medical speak for something that pulls water into the small intestine during digestion, a process that can cause abdominal pain, bloating, and diarrhea. What's more, when bacteria in the large intestine break down these foods, they start to ferment, creating gas and adding to the discomfort. Most of us have no problem tolerating moderate amounts of FODMAPs, but small amounts can cause problems in people who are intolerant to them.

The solution, an increasing number of researchers say, is to temporarily nix FODMAPs. Studies show that following a low-FODMAP diet actually brings more relief to severe sufferers than interventions like medication, reducing symptoms like bloating and pain in 75 percent of cases. Dr. Mullin has also seen it spark weight loss in his patients—since rebalancing your gut bacteria may mean fewer cravings—but research hasn't documented this benefit yet.

Going Low-FO

Promises of a flat belly are tempting, but you should only try a low-FODMAP diet if you have chronic GI issues (like gas, bloating, cramping, and diarrhea) that your doctor has determined aren't caused by a

What's In, What's Out

Knowing which foods contain FODMAPs is not easy. "There are many lists on the Internet, but they're often out of date or inaccurate," says Peter Gibson, M.D., professor of gastroenterology at Monash University in Melbourne, where researchers are testing levels of FODMAPs in foods (for a complete, up-to-date list, download the Monash University Low-FODMAP Diet app). Below, a sampling of what you should eat and avoid on a low-FODMAP diet—but remember that it's important to reintroduce many of these foods eventually (see "Going Low-FO," below), since they have big health benefits.

For 2-6 weeks eat ...and avoid foods low in FODMAPs... foods high in FODMAPs Blueberries, strawberries. Apples, pears, blackberries. kiwi, bananas, oranges plums, prunes, watermelon Lettuce, spinach, tomatoes, Mushrooms, onions, garlic, cauliflower red peppers, carrots, areen beans Wheat, rye, barley Rice; corn; oats; gluten-free breads, (including most breads and pastas) pastas, and cereals Cow's milk, soft cheeses Lactose-free dairy, hard (like cottage cheese and Brie), cheese (like cheddar sour cream, ice cream, soy and Parmesan), almond milk. yogurt, and dairy yogurt and coconut milk High-fructose corn syrup, Sugar, pure maple syrup agave nectar, honey

more serious disorder, like celiac disease. (For occasional belly swell, doctors suggest cutting back on carbonated beverages and gum, and getting regular exercise.) If you do opt to go low-FO, here's how it works:

Eliminate all high-FODMAP foods (see above) from your diet for two to six weeks until symptoms subside. Since many high-FODMAP foods also have gluten, you will be eliminating most bread (*wipes tear*), but it's not a forever sentence. Once your symptoms clear up, reintroduce one food from one FODMAP group every three days. If symptoms return, you may have a food intolerance, like lactose intolerance; keep experimenting until you find how much of the trigger foods your body can happily handle, says Kate Scarlata, R.D.N., a Boston digestive-health dietitian and author of 21-Day Tummy Diet. And if you add back in all the foods you normally eat and no symptoms return, that may mean your gut bacteria just needed to be rebalanced, says Dr. Mullin.

Important note: You should ultimately reintroduce *healthy* high-FODMAP foods

that aren't triggers, says Dr. Mullin. Many can lower your risk of obesity and even cancer. What's more, the indigestible fiber in foods like beans, whole grains, and fruit creates a latticework for good bacteria to glom onto and multiply, ensuring that your gut will stay well in the long run.

I followed the diet, and my gas and bloating disappeared after two weeksthat's all it took. Poof. Looking back, I shouldn't have been so surprised; over the past 18 months, I'd taken four courses of antibiotics (C-section, dental surgery, etc.); and with a new baby, I'd turned to quick, carb-heavy meals. After going low-FO, I lost two pounds and am comfortably wearing skinny jeans again. The best part: Feeling good has given me the pep to keep eating right. "When you're bloated, it's hard to feel motivated to embark on healthy eating because you feel fat even when you're not," says Scarlata. "What you eat really does affect you from head to toe."

Sunny Sea Gold is the author of Food: The Good Girl's Drug.





Because sometimes we *all* need a refresher on what's up down there. By Mary Squillace

ajayjay. Hoo-ha. Kitty. You know the slang-but the inner workings and best care? "My patients are educated, uninhibited women, yet they have so much misinformation about their own bodies and sexual health," sighs Katharine O'Connell White, M.D., chief of the division of general obstetrics and gynecology at Baystate Medical Center in Springfield, Massachusetts. "It can be hard to find reliable information, but you can't make good sex-health decisions without it." Here, the top things that still confuse modern women when it comes to...

...Conceiving

"If you want to get pregnant, you should have sex every other day the week before your period and on ovulation day," says Dr. White. "Sperm last three to five days, but the egg lasts only up to 36 hours. So if you wait until after you ovulate, it's possible the egg is already dying." Unfortunately only 10 percent of women

know this, a study at Hofstra and Yale universities found. Having sex twice a day can also decrease your odds of conceiving. "I won't say he starts shooting blanks, but by the time the egg is there, there's way fewer sperm in his ejaculate," Dr. White says.

...Miscarriage

In one survey 76 percent of respondents said they believed stress could cause miscarriage. Not true. "Most miscarriages are caused by chromosomal abnormalities," says Dr. White. And then there's this reassuring truth: "Most women go on to have another, healthy pregnancy."

...Pleasure

Men can go from zero to aroused in 60 seconds or less, but women need an average of 20 to 30 minutes of foreplay. "My patients worry they should be ready for sex sooner," says Dr. White. "But it's not just about getting wet or in the mood. When you're aroused, the vagina becomes wider and longer, so it's ready for what happens next."

...Waxing

"Pubic hair follicles have touch receptors, which is why stroking skin in one direction is more pleasurable," says San Francisco ob-gyn Jen Gunter, M.D. "If you wax those off, you can lose some sensations."

... Pelvic Exams

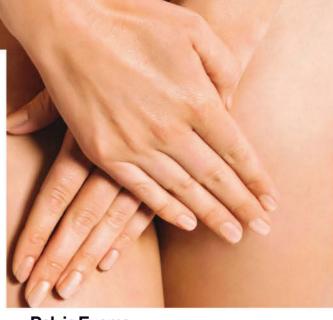
The American College of Physicians now recommends that women-even young women—have one only if they have symptoms like pelvic pain or a family history of gynecologic cancers. "Things like vaginal and vulvar cancers, which you might be able to spot on an exam, are rare and usually produce symptoms like pain during sex," says Dr. White. You should still see your doc every three to five years for a Pap smear—yup, that's it—or go in to talk birth control or any time you have questions.

...the HPV Vaccine

You can ask for it at any age. Ever since the vaccine was approved for women under 25, doctors suspected it would work in older women but weren't sure. Now they know: A recent study found it was 81 percent effective at blocking cancer-causing strains of HPV in women over age 25. "The HPV vaccine is a good idea for any woman who has multiple partners," says Dr. White. The only disadvantage to getting it when you're older: You may have to pay out of pocket for each of your three doses.

...the Word Vagina

Many women use it when talking about their vulva. "No one would say 'ankle' when they mean 'calf'!" says Dr. Gunter. Knowing the difference helps you accurately describe symptoms and correctly apply topical medications. Dr. Gunter's rule: "If it touches your underwear, it's your vulva. If you have to put your finger inside to reach it, that's your vagina." All settled. 6







A HOT NEW SHIFT IN HAIR STYLING





It's rush hour on a crowded New York City bus. Aaron, devoted husband to a *Glamour* editor, is hustling home to feed their two cats when he sees a woman writing on the back of an envelope. On a bus this full, no matter where you look, you're going to be reading someone's Facebook feed over their shoulder. So Aaron sees she's written a pro-con list. About her boyfriend.

The pros: He makes her happy. Also, his cats are cute (yes, seriously—see above). The cons: He's unemployed and not looking for work. He has a dirty room (but also a terrace? confusing!). Oh, and he owes her more than a thousand dollars.

Aaron thought it was fascinating—"I

guess in a depressing sort of way," he says. "It was pretty obvious from her points that it was totally unnecessary to make a list. If this is your pro-con list, you really have a con list."

Of course, maybe this woman was a novelist outlining a character, or maybe she was ranking some guy's qualities for a friend. Regardless, her list forces the question: Is it possible to write a procon list that actually helps you make a decision about a relationship? Can you really choose a new partner with a piece of paper? Or put another way, can you be rational in love? And even if you can, should you?

You Might Know More Than You Think

With something as messy as your love life, it's natural to want to make a logical list. But first we must dispense with a myth: There is no such thing as a truly impartial pro-con list. "Your opinions will shape the list more than the list will shape your decision," says Benjamin Karney, Ph.D., a professor of social psychology at UCLA. "People leaning toward a decision will come up with more advantages. People leaning away will come up with more disadvantages. And people hopelessly undecided are likely to remain undecided."

Which is to say, when you write a pro-







Hmm...
"Is dadbod a pro or a con?"

con list, you're often just projecting the preferences you already have. That can be useful, says Bruce,* 29, a reporter in Washington, D.C. At one point, with an ex-girlfriend, he remembers, "I physically wrote out the pros—'She likes Coen brothers movies as much as I do.' Then when I saw them next to other list items like 'She gets on my nerves when we stay at each other's places,' I realized how flimsy my reasons to stay with her were. The list helped crystallize my thinking."

What If You Still Need Help?

But not every list is as conclusive as Bruce's. "A pro-con list is great for bringing out the possible factors that go into your decision, but the problem is that it equalizes the importance of all these things," says Charles Foster, Ph.D., author of *What Do I Do Now?* "It just becomes a list of stuff." If you want to make a more useful list, he advises narrowing the focus to your deal breakers—for instance, will he move for your career, or does he make you feel safe?—and being honest with yourself about what's truly important. "You have a right to say, 'If this isn't the case, then we're done,'" Foster says.

And remember, the list is not the whole

picture. "We don't have access to the reasons for some romantic feelings," says J. Frank Yates, Ph.D., a professor at the University of Michigan's Department of Psychology, who researches judgment and decision making. "You have to accept that you'll have feelings about your partner you can't explain." So if you're not feeling the pros, or you've got a list of cons but can't

"Ask yourself: Is this what I want going forward?"

stop thinking, I care about this person (here's looking at you, Bus Girl!), don't beat yourself up. "Instead, try asking yourself a simpler question," says Ellen McCarthy, author of *The Real Thing: Lessons on Love and Life From a Wedding Reporter's Notebook.* "Is this what I want going forward? Is it nurturing enough that you want it in the days and years to come?"

When Catherine, 26, a sales specialist in New York City, broke up with her boyfriend of six years, she decided to take a dating hiatus. Naturally, she met a new guy, like, two days later. So she made a list, designed to help her decide whether to jump in. "It was a lot of, What type of lifestyle do I want? How does a relationship fit?" says Catherine. In the end, she chose the guy, and she stands by her system. "To be in a successful relationship," she says, "you have to know what *you* want."

And what you *don't* want. Just ask Taylor, 28, who works in digital media and broke up with a boyfriend because "we never talked about our problems." After it was over, she noticed she had been keeping a mental checklist of all the ways he'd wronged her—things like, "He ignored me when I visited him," and "He would rather listen to music than hear me talk"—so she decided to write them down as a reminder for future relationships.

Not too long after she broke things off, he called her, wanting to get back together. She consulted her list, and her exact words to him were: "I would not respect myself if I got back together with you." Decision made.

Jessica Goldstein has written for The Washington Post and Vulture. Additional reporting by Concepcion de Leon.

HEY,
IT'S OK...

...to want to catch the bouquet. Since when are we against true love and free flowers?

...if you've kept your hair in the same messy topknot since Memorial Day. #desperatetimes.

...not to know the name of anyone in Fifth Harmony. Let the kids have this one.

...to still find jumpsuits entirely baffling. Really? Who's cool with getting naked every time she goes to the bathroom?

...to mute that group text. When the thread won't die, you can only save yourself.

...to flirt with the bartender and the guy two seats over. This is called multitasking.

UMMM, NOTOK...

...to join in on someone else's office lunch and then be like, "But I don't want Chinese." They had a plan. Don't ruin their plan.



BURGER: CHRIS CRAYMER/TRUNK ARCHIVE. CARRYER: KELLY GAO. MURRAY: COURTESY OF SUBJECT

Jake: A Man's Opinion

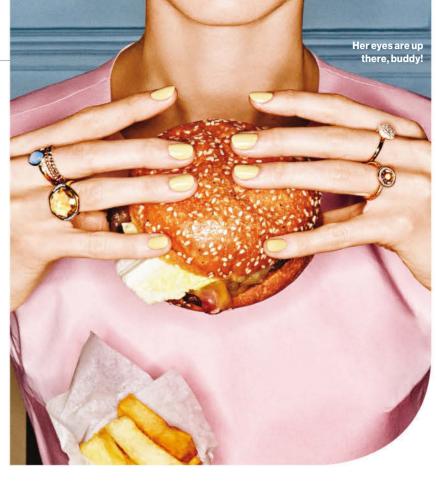
He Thinks What Is Sexy?!

Your tights. Your Instagram.
Your burger habit?
Jake explains men's strange
obsessions.

ne of the sexiest movie moments I can think of is the karaoke scene in *Lost in Translation*, in which Scarlett Johansson sings "Brass in Pocket" by the Pretenders. She's fully clothed, kind of off-key, and bopping around like her imaginary pogo stick is broken. (It's possibly the least sultry moment of ScarJo's career.) But the way she's unabashedly enjoying herself? That's sexy.

To me, and many guys, it's the subtle, surprising things a woman does that we find genuinely sexy. So here are 11 of them, in no particular order.

- 1. Wears black stockings or hose. I can't tell the difference between the two, but it's a Mrs. Robinson thing. Which brings me to...
 2. Can quote The Graduate. Intellectual + a hint of existential despair = totally sexy!
 3. Writes funny email subject lines. My current girlfriend just sent me one titled "Heartichoke," about her trying (unsuccessfully) to cook artichokes. Silly, but my
- kind of humor. **4.Knowswho Jimmy Pageis.** This might be generational (I'm 36), so [insert musician



who means a lot to men your age]. Anyway: Shared interests are appealing.

- **5. Eats burgers, preferably messy ones.** It's a cliché, but to us it means you're not afraid to get a little dirty, which...you see where I am going with this. (It's not a meat thing; corn on the cob can be sexy too.)
- **6. Ignores us to concentrate on something.** You can be reading, fixing the AC, whatever. That "I'm busy!" face is irresistible.
- **7. Posts Instagram pics that aren't selfies.** Cool buildings, weird cloud formations—in other words, snaps that show *curiosity*. **8. Has a career.** A robust working life suggests you're intelligent and driven. Extra
- points if you actually *like* your job. **9. Owns one pair of old baggy jeans.** Not trendy jeans—we're talking the ratty col-

lege variety, the kind you throw on to grab breakfast after a night of sex. They remind us of the sex, get it?

- **10.** Answers "Sure, why not?" more often than "Nah." A sense of adventure has multiple implications!
- **11. Mercilessly makes fun of us.** Says my friend Thomas*: "You know you've met your equal if she'll call you on your sh-t."

Of course, this is by no means an all-inclusive list, because that one would include legs, elbows, eyes, hair...every body part, basically. But the key, I think, is intimacy—the idea that we're seeing a piece of you that no one else does. A little reveal, just for us. *That's* sexy.

Jake is a not-so-single guy living in L.A.

 $What\,Men\;Think$

Even More "Wow, That's Hot" Moments

The quirky reasons these guys fell hard By Eillie Anzilotti "At dinner with friends, my now-girlfriend revealed that she'd been mugged the night before. Scary, yes, but she was still able to be upbeat—that was captivating."

—Straker Carryer, 26, Seattle



"I saw her reading Walt Whitman's Memoranda During the War. Not only am I a fan of his, but when I recited a line to her about amputated feet, she didn't run—instead we talked for 20 minutes. Seven years later, we're planning our wedding."

—Will Yakowicz, 28, Brooklyn

"A friend and I were just catching up when she told me her plan to become a lawyer. Her drive was so attractive to me, and now we're dating."

—André Murray, 25, Atlanta



"At a party I spotted my now-wife talking with a friend across the room. She was so engaged in her conversation that she was ignoring everyone around her. She was the most interesting person at the party because she was so interested."

—Jon Sobel, 31, San Francisco



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My Zo-Called Life

Why I Shut Up About My Relationship Once and for All

For years columnist **Zosia Mamet** divulged every last love-life detail to her friends. Big mistake. Huge. Let her explain why.

y penchant for sharing all intimate life details with my girlfriends began with my first boyfriend. He was this James Dean type, a sexy weirdo artist who would chain-smoke while leaning against his beat-up truck. At first I found him smart and talented, and when he was sad, it made me want to listen. But soon I realized he was internal, possessive, intense. Alas, I was a teenage girl in love, so rather than tell him to back off or calm down when, for instance, he had a rage blackout, I told myself, Don't be too much or too sensitive or too crazy, or James Dean will leave you. Insecurity kept me from talking to him; instead I confided those feelings to friends.

Thus began a decade-long pattern. Next came my first love after high school, a sweet musician who liked to drink a little too much. I never spoke to him about his habit, but my best friend knew about every single fight it caused. I went to another friend to sort out why

a Ph.D. student I dated longdistance ignored me when I visited at his request. I wouldn't bring these matters up to the men in question until the end of our relationships, when things were beyond repair. But my friends understood how I'd felt all along.

To be fair, I talked to my girlfriends about everything, from family to workouts to our periods. But most of all, we talked about our love lives.

All that changed when I met my current boyfriend. Within weeks we had discussed almost every serious topic: life, love, family, the world. We were thrown into some pretty high-pressure situations very early on—and found that we made a great team. With him I felt safe, and with him I started sharing, confiding the kinds of things I used to exclusively tell my friends.

Then, a little before the year mark, we ended up in one of our first difficult conversations—the only one, really. I had revealed something admittedly pretty private about us to a dear friend, and he got upset. He told me that the fundamental things that

happened between us would need to stay between us that that's how you work out problems and build trust and grow intimacy.

It felt like an epiphany. I realized I'd been processing my relationship issues with friends because I couldn't process them with the person I was supposed to: the guy. Those past partnerships weren't strong or open enough for that honesty. To make sense of things, I had to go to someone I loved and trusted, who loved and trusted me: one of my girlfriends. But by not turning to those men, I also put the nail in the coffin of my relationships.

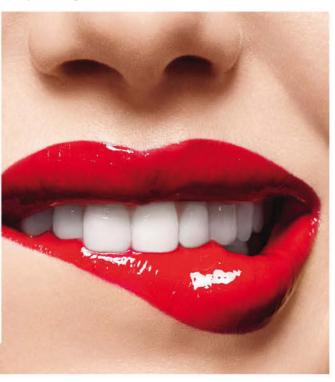
Looking back, I'm confident that if I had spoken up to my exes, we would have either worked out our issues or known sooner that we weren't right for each other. I can't imagine the heartache that could have been avoided if I'd addressed the musician's drinking, asked the Ph.D. for more, or told James Dean I wouldn't stand for his destructive behavior. If I had told them even one of the things I told my friends, maybe all our hearts would've been happier and better off for it.

Now I know that when you're in a relationship, you're not just a couple; you're a *team*. And that means what happens in the locker room is private.

So little by little, I've zipped it. I still tell friends that he snores on occasion or that he gets insanely frustrated driving in New York. But I don't tell them about our disagreements or deep talks or what goes on in the bedroom. I stopped using my friends as a crutch and finally started communicating with my partner directly.

This new way of operating has strengthened all of my relationships beyond words. Now that my friends and I aren't talking guys as much, it leaves space for more intimate discussions, about our aspirations, the things that keep us up at night, and the dark places we go in our minds when we're down. And on the home front, I feel the bond between my boyfriend and me strengthen every time I share with him. We talk through issues in real time, without any noise from the outside world. It is honest and true. It is, I think, the future. 6

Glamour columnist Zosia Mamet is a star of HBO's Girls.



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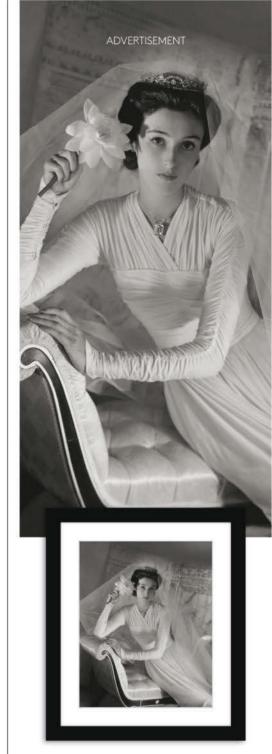


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One Senator vs. Sexism

When, at 28, Sen, Claire McCaskill (D-Mo.) ran for Missouri state representative, she anticipated hurdles. But she did not expect her blond curls to be one of them. Then, at a rally, a critic said, "You're going to have to do something about that hair." "I ignored her and everyone else who has tried to 'remake' me." writes the senator in her new memoir, Plenty Ladylike. Over her 30-plus years in office, she's stuck to those auns. When Rush Limbaugh called her a "commie babe liberal" during her 2012 Senate race, she co-opted his words to mobilize female voters. "If people belittle you, they feel threatened," she tells Glamour. "Use drive and ambition to leave them in the dust." - Concepción de León





The bad news is the Women's World Cup is over. The good news is there are plenty more impressive athletes showing their stuff all summer long. Three rising stars to watch:

The swimmer: Katie Ledecky, 18

Ledecky won hearts when, at 15, she took home Olympic gold in the 800-meter freestyle in 2012. "Michael Phelps won his race that night and wished me luck, and Missy Franklin won hers too," she says. "I couldn't let them down." Since then she's set three world records (NBD!) and is poised to break more when she takes on up to *five* events at the FINA World Championships (July 24–August 9; NBC & Universal Sports).

The tennis pro: Jacqueline Cako, 23

Cako is commanding serious attention on

the courts. She won three sectional titles in the USTA's Southwest and Intermountain regions, putting her in this month's US Open National Playoffs in singles, women's doubles, and mixed doubles; at press time she was the *only* woman set to compete in all three. Ultimately, she could earn three slots at the US Open (August 31–September 13; ESPN). "I love the competition," she says.

Looking good,

Ledecky

Edited by Emily Mahaney

The golfer: Alison Lee, 20

The UCLA student is the top-rated American rookie in the Rolex Rankings, with two top-five tournament finishes under her belt. Insiders expect her to qualify for the Evian Championship, the final major of the season, where 120 of the best female golfers in the world compete (September 10–13; Golf Channel). "The most important thing to me isn't winning every tournament," she says, "but proving to myself that I have the character to overcome losing." —Andrea Bartz

Hey, Bosses: Here's Why Paid Maternity Leave Is Good for Everyone!

America ranks last place in the industrial world for paid maternity leave. But guess what: When companies do step up, they discover it's good for their bottom line. "When we increased our paid maternity leave from 12 to 18 weeks, we saw the attrition rate for new

moms drop by 50 percent," says Nancy Lee, Google's VP of people operations. Word is spreading: Blackstone and Virgin expanded their paid maternity and parental benefits this spring. Want your business to do the same? Perhaps your boss should consider this:

80%

of first-time moms, on average, return to their companies after having a baby. 95%

of women return at Yahoo, which offers up to 16 weeks of fully paid maternity leave. 98%

of parents go back to Bank of America, which offers up to 26 weeks of leave: 12 paid and 14 unpaid. —Kristi Dosh





1. Malala Yousafzai

Nobel Peace Prize winner

My daughter, Valentina, and I saw Malala on television, and I said, "Listen to her speak, baby. You have to always be appreciative of your education." Malala gives children a window to understand inequality.

2. Julie Taymor

Director

I couldn't find the right director for Fridathen I met Julie; we talked for four hours, and I knew she was perfect. She should have gotten nominated for an Oscar. She completely changed my life.

3. Mother Teresa

When I was 30, a friend and I went to Calcutta to volunteer with her. I worked in three different hospices, and you cannot imagine the conditions. She gave these people food and a bed. She provided dignity within the horror.

By Salma Hayek

Each month we ask one impressive woman: Who's made you you? Here, the *Prophet* star discusses her heroes.

4. Evelyn O'Neill

Mymanager Evelyn also represents Julianne Moore, and I'll tell you what: We're both way over 40 and, baby, we've never worked more. That's because there's a woman behind us who is determined to change Hollywood.

5. Marie Curie

Nobel Prize winner for physics and chemistry She was the first woman to win a Nobel Prize, but she had to share it with her husband, so then she won another one all on her

own. Imagine how good she had to be to do that in the early 1900s!

6. Eve Ensler

Playwright Eve's taught me how to be a better advocate through causes like V-Day, her campaign to stop violence against women. She respects me intellectually, and she also helps me with my terrible stage fright.

7. Arianna **Huffington**

Cofounder of The Huffington Post Arianna represents the immigrant's story: She's Greek, came to America, and became one of the important voices in this country. And she is so fierce in her support of women.

8. Stella McCartney

Designer

cian. Even

We met a long time ago. I can't even remember when! But she's an incredible mother and businesswoman, and I can go to her with anything-like, oh my God, I need a pediatri-

Stella

McCartnev

go to Stella.

for decorating, you

9. Kamila Gibran

Mother of author Kahlil Gibran She moved from Lebanon to the United States by herself, with four children, in 1895. And then one of her sons wrote The Prophet, a book that has influenced so many lives. To me, it symbolizes how important it is to help women, because the future of new generations is in their hands.

10. Patricia Osorio

My oldest friend I am terrible at returning phone calls and emails or staying in contact. But she taught me that you have to. And she's never been impressed with my fame. She's never wanted to go to the parties. She's always been my friend. 6

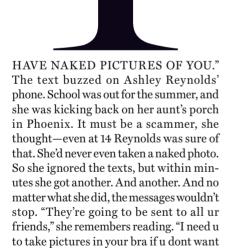
Salma Hayek is also the producer of The Prophet, out August 7.





Real Life

It was a crime Ashley Reynolds had never heard of—until she became a victim. As a teenager, she helped crack one of the FBI's biggest cases, and now she's crusading to help girls everywhere. By Liz Brody



Reynolds is now 20 and a hospital receptionist in Phoenix, but she can easily recall how scared she felt that evening six years ago, when those threats dragged her into one of the largest cases of a sickening new Internet crime wave. It's called sextortion, in which predators coerce or manipulate someone (often an underage someone) into sending lewd, compromising pictures or videos, many of which are released publicly or traded as child pornography. Although there are no specific numbers for sextortion, it's on the rise; according to the U.S. Office of Juvenile Justice and Delinquency Prevention, reports of online child sexual solicitation surged 44 percent between 2010 and 2014.

Reynolds knows that if she speaks out, the world will learn that she, as a frightened teenager, sent an utter stranger naked photos of herself, and that people may judge her. She also knows that if she doesn't, more children will be tormented. "No question," she says. "I'm going public."

The Dark Tunnel

In 2009 Reynolds was a popular freshman and student government officer. An outdoorsy type who loved to hunt with her family-they called her One-Shot Sally for her accuracy-she was always the one in her girl pack to grab the video camera and get friends to do silly skits. The one to give a courtesy giggle if no one laughed at a joke. She was everyone's friend, and not at all streetwise. "I was just oblivious to bad character, I guess," she says.

The scammer had first contacted her on Myspace, then the second most popular social networking site after Facebook. He called himself CaptainObvious; his profile picture, taken in a bathroom mirror under dull fluorescent light, showed a boy of about 16 with long dark hair. She knew he was bluffing. "I was just like, Ew, and ignored her on her phone, she felt creeped out. How did he have her number? "And then he kept saving, 'I'm going to send out your photo." Over the next two hours, she tried to stop his torrent of messages. "Dude, leave me alone," she wrote. "Stop texting me." But after a while she began to wonder whether he might have something. Reynolds and her best friend were always goofing around on Stickam, a video chat site-they'd never exposed themselves intentionally, but her laptop was close to the bed. Had she left her webcam on? Could he have snapped a picture, like a Peeping Tom?

He said he'd stop bothering her if she sent him photos of herself in her bra, and for reasons she still can't quite explain, she did it. "All I was thinking was, Just get him off my back," she says. "I'd never heard of

it," she says. But when he instant-messaged

them to see you...."



sextortion. I thought he would go away." The fact that she didn't worry more about the consequences is typical for her age; adolescents feel immune to danger, says Jane Anderson, an attorney adviser at the nonprofit AEquitas, which trains lawyers how to best prosecute cases of violence against women. "Teens are also digital natives who have grown up with a total lack of online privacy," she notes. "The more you've lived on social media, the less likely you are to question it." Or as Reynolds puts it now: "I thought I could handle it on my own."

CaptainObvious *did* disappear, but a few days later he was back. "Those pictures you sent are blurry. Send them again," Reynolds recalls him writing. She pushed back: "I already sent you the pictures you wanted. Why are you still bothering me?" But he threatened to release what he had.

which terrified her. "I couldn't bear to have my friends and family think I was promiscuous," she says.

So she did it, and from there, his demands escalated: She needed to photograph herself fully naked, he insisted, doggy style, touching herself.... "He had me do stuff that I didn't even know existed," she says. "One time he wanted me to use a brush and put it inside of me. I said, 'Hell no." During a surprise party friends threw, he texted her constantly. "I told him, 'It's my fifteenth birthday, please let me go," she recalls. "And he said, 'I know. Send me the pictures and you can do whatever you want." Eventually just the sight of the ugly brown bathroom doors that were the backdrop in her photos—"the frickin' cheap wooden doors that showed up in all those pictures"-made her sick. By the third

month he was asking for 60 pictures, "not per week or month, per night," she clarifies. "It was like I was in a tunnel and I didn't know where it was going to end. I was depressed and afraid I'd get in trouble—the most alone I'd ever felt in my life."

Had she only known there were about 350 other girls in the same dark tunnel.

The Crime That Never Goes Away

What Reynolds was going through had barely been heard of in 2009. But since then, "image exploitation" crimes—including revenge porn, in which a former lover posts illicit pictures to get back at an ex, and naked-photo leaks like the acts of online vandalism last year that targeted Jennifer Lawrence and other stars—have increased significantly. Sextortion, while

not as well known as these crimes, is especially damaging because, for one, its victims are largely minors; the average age is 15, with some as young as nine, according to the National Center for Missing & Exploited Children (NCMEC). Typically predators prowl platforms like Facebook, Instagram, Snapchat, and Skype; impersonating teenage boys, they use various methods to hook girls—often flirting, sometimes threatening.

And the salacious photos they collect end up in a teeming underworld of peerto-peer file-sharing programs. "The vast majority of these guys turn around and barter these images of child pornography online for other images," says Michael Osborn, chief of the FBI's Violent Crimes Against Children unit. And victims are never free of the crime. "As young adults, they have to live with the fact that their images are out there being consumed and traded like some type of horrible currency." says D. Rodney Brown, an assistant U.S. attorney in Jacksonville, Florida, who has prosecuted sextortion cases. "I'm not being funny or poetic. Many of the programs where pedophiles go require some 'pay before you play'—you have to provide images to get into them."

Most cruelly, a sextortionist makes each girl produce her own pornographic images; he forces her to victimize herself, an act that can have "a devastating emotional effect," says Martha Finnegan, a child/adolescent forensic interviewer at the FBI. "And that's what society doesn't get: Yes, the girls participated in this. But they're children; they're still very much victims. Even though they haven't been touched, the trauma level we see is as severe as hands-on offenses, because a lot of these kids don't know how to end what can go on, sometimes, for years.... And they think it's not happening to anyone else."

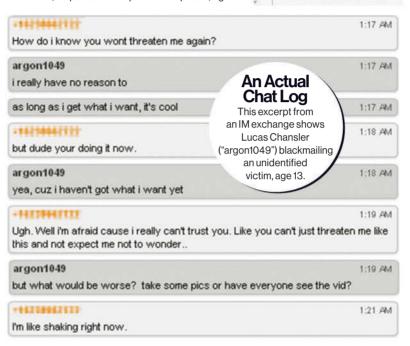
But it is. While Reynolds was trapped in her own private purgatory behind the brown wooden doors, 2,000 miles away Samantha Chonski, a music-obsessed 13-year-old in a Pink Floyd cover band, had been imploring CaptainObvious to leave her alone too. He'd popped up on her Stickam and had a screen shot of her and her friend flashing their breasts. "We had just lifted up our shirts really quick, being so dumb," says Chonski, now 21 and a salesperson for Clinique outside of Philadelphia. "I can't imagine how fast he had to click that and be like: Bam!" She remembers begging him for hours in a chat, saying, "Please don't make me...I'm just 13," and him telling her, "Just this one more thing...."



Ending the Terror Reynolds, above, as a teen in her bedroom, helped send her predator to prison, right.

105-year sentence in case of 'sextortion'

Man tricked young girls into sending him sexual images, then extorted them for more



She was terrified at the thought of those pictures and videos getting out. "I had 2,000 Myspace friends," she says. "I couldn't imagine if all those kids got that stuff. I was already getting teased in middle school." And the FBI's Osborn says those fears are well founded: "We see photos routinely sent out to all the friends at school, church, the neighborhood. And then the bullying begins. We've had many kids who have dropped out; some who have committed suicide." Chonski admits she definitely thought about it.

And she and Reynolds weren't the only ones victimized: From Miami Beach, Florida, to Auburn, Washington; from Mason City, Iowa, to Prairieville, Louisiana; girls were hiding with their phones and webcams and answering CaptainObvious' demands. In Colorado a 13-year-old student became anxious that anyone looking at her on the street had seen her naked. In another school, a bubbly teen stopped seeing her friends; instead, she would later tell

a courtroom, she'd come home "and look for places to hang a noose in my room, feeling like there was no other way out."

The Truth Explodes

After four months of relentless demands, Reynolds was losing hope. Then one day in September, while she was at her weekly Christian youth group, her mom happened to be snooping around on her computer. And that day, Angela Reynolds recalls, "there was a message on Ashley's Yahoo account saying, 'Better send me the pictures. Here's a list of what I want.' I realized what he was doing, and I said, 'Please, God, don't let this be happening. Please.'"

Angela got her daughter home and pointed to the email: "What's this?" she asked. Ashley let out a scream: "I don't know who he is," she managed, bursting into tears. "I don't want to go to jail."

Knowing little except that her daughter had been exploited, Angela called the CyberTipline at NCMEC, and advocates there advised Ashley to cut communications with CaptainObvious. But they couldn't track him down to arrest him. He'd made himself entirely unobvious by using proxy servers that routed his communications through China and Brazil, keeping him anonymous. "I'd been so happy it was over," says Ashley, "but then it wasn't." In fact, he was still stalking her, and because she'd cut him off, he did the very thing she'd feared: He posted her photos on Yfrog, and sent a link to several of her Myspace friends. "So I was like, OK, now they're all going to think that I'm this...." She can't make herself finish the sentence. "My mom invited my friends and their parents all over to explain, but she had to do the talking. I was too humiliated to speak."

Nailing CaptainObvious

When FBI special agent Lawrence Meyer got the call from NCMEC in his Jackson-ville, Florida, office, it was five minutes to 5:00 P.M. on December 30, 2009, and he was on his way out for the New Year's holiday. Instead he sat down and absorbed Ashley Reynolds' case. Despite weeks of frustration, the NCMEC analyst told him, they now had a lead. In Captain-Obvious' rush to release her photos, he hadn't used a proxy server, and they'd gotten an IP address. It belonged to a Comcast account nearby.

Nine days later Meyer showed up at a St. Johns, Florida, home with 14 other law enforcement officers and a search warrant. The real CaptainObvious who'd so sadistically been tormenting a 14-year-old girl turned out to be a 26-year-old named Lucas Michael Chansler. He was living in a room above his parents' garage.

The real shock for agents? When they brought Chansler's computer back to the FBI office, they found that the hard drive was a meticulous crime scene, with roughly 80,000 images and videos methodically arranged in excruciating detail. Chansler hadn't just been blackmailing Reynolds; he had been sextorting 350 girls.

He'd created a folder for each, with the girl's name and age; grabs of her social media pages; photos and videos; and their chat logs and emails. Also on Chansler's desktop were photos and videos of teen boys whose images he used when contacting girls. His 60-plus screen names included JosH is Posh, SK8er4life2021, and CaptainObvious.

Worse, agents found a to-do list of 26 demands—pornographic paces Chansler would put each victim through. Depending on how far he'd gotten a girl to go, he'd file her under "Prospects" or "Done," with comments like "Gonna do again." Most of the files were labeled: For example, "04-11-09 nude & rub (BM).avi" indicated a video shot on April 11, showing a teen undressed and masturbating—BM meant blackmailed. If anyone doubted the violence he inflicted, they only had to look at one of Chansler's videos. In it, a nude girl, with tears stream-

job to save money for college. Meanwhile, Meyer has taken her under his wing, signing her up to speak to law enforcement conferences whenever possible. "It's incredibly rare for someone who's been victimized as a child like she has to come forward," he savs. "She's one brave young lady."

This May, as Reynolds took the podium at an annual training conference in the

"[Victims] have to live with the fact that their images are out there being consumed and traded like some type of horrible currency."

-D. Rodney Brown, assistant U.S. attorney, Jacksonville, Florida

ing down her face, held up a sign as a plea to him. The note had one word: *rape*.

Meyer, with more than 20 years of working violent crimes under his belt, had to hold himself together. "Chansler was preying upon little girls my daughter's age," he says. "It was just heart-wrenching."

The 240 Invisible Victims

Chansler was charged and eventually pleaded guilty to nine counts of sexual exploitation of children. On November 10, 2014, Reynolds, along with Chonski and two other victims, attended the sentencing. "When he walked in," Reynolds says, "we all started bawling at the same time. He was old and balding with long black hair. We were stunned." The girls gave their statements, and a judge sentenced Chansler to 105 years in prison. (Currently serving his time in the U.S. Penitentiary in Tucson, Arizona, he declined to speak to Glamour.) "I felt empowered," says Reynolds. "I had tried so hard not to let him destroy my life. And now I could finally put him behind me."

Today, she knows her photos are still out there. "I do occasionally walk down the street and wonder if anyone has seen them," she says. "And I definitely have trust issues. I question everything and everyone." What she is certain of, though, is that she wants to use her experience to fight sextortion—and help find the remaining 240 girls Chansler exploited who have yet to be identified (see box at right), if only to let them know their tormentor will never say, "Just one more."

Her long-term plan is to become a forensic psychologist, which means working extra hours at her hospital receptionist

FBI's Seattle field office, she looked out over the 125 analysts and agents, and spoke from her heart. "I just told my story," she says. "Because I really do think that, instead of letting it ruin my life, my experience might prevent the next girl from becoming a victim."

She got a standing ovation.

Liz Brody is Glamour's news director.

Help Ashley Find the Missing Girls

Of the almost 350 teens whose images were found on Lucas Chansler's computer, only 107 have been identified. Ashley Reynolds and the FBI are looking for the rest. "These girls need to know that he's never coming back, and get help for the trauma he caused them," says Reynolds. Their stories, too, can shed valuable light for the FBI on this new type of crime.

If anyone ever threatens or asks you to send naked photos, do not reply in any way; report the incident to your local FBI office. And if you think you or someone you know may have been sextorted, go to fbi.gov/sextortion. "What happened to you may be disgusting," says Reynolds, "but it's not shameful. And finding closure will help you move on."





sychologists actually have a name for the sense of sluggish malaise vou feel the first Monday back after a killer holiday: It's PVS, for post-vacation syndrome. The best way to prevent it? "Set yourself up for a successful return before you leave," says Susan Krauss Whitbourne, Ph.D., professor of psychological and brain sciences at the University of Massachusetts Amherst. Your easy plan:

Before You Go

Book a smarter return date.

"Instead of flying in late Sunday, come back on Saturday to get organized," says Kathleen Hall, Ph.D., an Atlanta stress management expert to Fortune 500 companies.

Schedule catch-up time.

"Put four 30-minute blocks on your calendar over the first two days to return emails and calls," says Jessica Kennedy, Ph.D., assistant professor at Vanderbilt University's Owen Graduate School of Management.

While You're Away

Unplug 95 percent. "Not everyone can unplug 100 percent, so I tell clients to go for 95," says Dana Brownlee, a corporate trainer in Atlanta. "Working 5 percent on vacation is just enough to respond to emergencies or keep big projects afloat." Scrap social media.

At least consider it, says Santa Fe-based Manisha Thakor of wealth advisory firm Buckingham: "You want to experience your downtime, not document it."

When You Get Back

Limit meetings. "Avoid them the first day back if humanly possible-it'll give you bandwidth to address any urgent situations and be able to calmly work through your vacation backlog," says Thakor.

Use your lunch break.

"Vacations get us outdoors and into the fresh air," says Dan Schawbel, author of PromoteYourself: The New Rules for Career Success. "That first week, take lunch outside at least twice. It will reenergize you." 6

Do You Need a Side Hustle?

Working a second job can have perks—and perils. Read this before diving in. By Sarah Z. Wexler

or most of the 7.3 million Americans who work a second job, the motivation is simple: to make ends meet. But a growing group of women—31 percent of them ages 25 to 34—juggle a side gig to make a little extra money, to get experience for whatever they want to do next, or because they just enjoy the work. The two-job life is tricky, though, so we pressed experts for some guidelines. Consider before you try!

Do It If... You Actually Need the Money

Some women jump into a second job because they feel broke, experts say, so if that's your motivation, make sure your problem isn't simply poor budgeting. First "slash your expenses by stopping frivolous buying and cutting down your cable package and gym membership," advises Farnoosh Torabi, financial strategist and author of When She Makes More. "If you do that and feel like you're compromising on the lifestyle you want, then it is time to start bringing home more money with another job."



Do It If... It Won't Overload Your Schedule

A second job won't solely mean less time watching *Empire*—it can also keep you from replying to after-hours emails or prepping for your main job. "If you're staying up until 3:00 A.M. to finish everything or missing deadlines, then a second gig is pushing you too far," says Torabi. "We all have only so much bandwidth." One strat-

egy: Take on a second job for a set time period. "I've added 40 hours a month of SAT tutoring, which brings in \$2,500," says Erin Gates, 27, of Bethesda, Maryland, who already has a busy career as a psychotherapist. "It's hard to do that extra work, but I know it's just while my husband and I save for a house down payment." Other short-term options: gigs like running errands through Task-Rabbit; or selling your design, accounting, Web, or other skills on a project basis through upwork.com.

Do It If...

You Want to Be Your Own Boss Someday

Eleven percent of women ages 25 to 34 do the side hustle to get them ready for their *next* big thing. That's smart planning, says Torabi: "A venture capitalist coming in to fund you so you can quit your current job to launch your new start-up? It doesn't work like that," Torabi says. "You

have to prove yourself first." That's what Kim Konen, 35, of Kiel, Wisconsin, did when she launched Tinyhearts, her handmade baby-accessory business. "I spent five years working full-time at Etsy while experimenting with embroidery and knitting—and selling my stuff," she says. She built her side business, then quit to make that her main one.

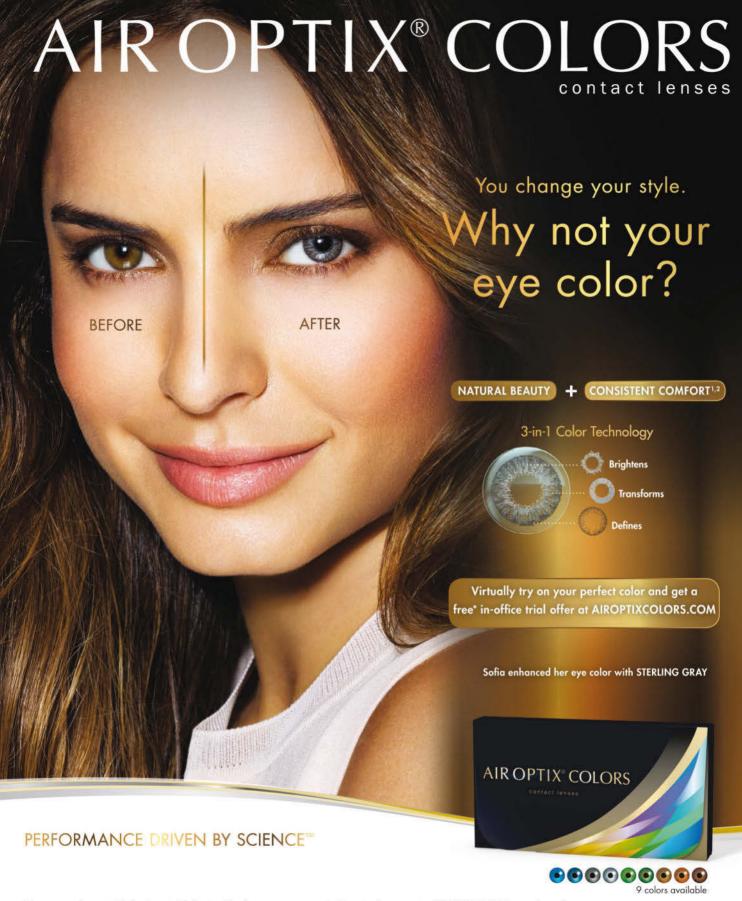
Do It If...

You Can Get Paid to Do Things You Normally Pay to Do

That's not a pipe dream! Listen: "I have a high-pressure career running a tech start-up, but I love working out. I went through training and started teaching fitness classes," says Rachel Hofstetter, 31, of Salt Lake City. "I get a workout while teaching, a free membership at a gym with awesome facilities, and an extra \$100 a week. My fitness needs are met without spending anything!" That's a very healthy win.

Got a Second Gig? Be Tax-Savvy About It

You're required by law to report *any* side income to the IRS. If your second job is with an established company, they'll report the extra income (you'll get a 1099 or a W-2). But if you're making cash from, say, dog walking, you'll need to report that income and pay taxes on it *yourself*. "Put aside at least one third of whatever extra you make, so you won't spend the money you'll need to pay in taxes next April," says Torabi. (Think you'll owe more than \$1,000? You may need to make quarterly payments to avoid penalties; go to irs gov for more info.) Also track your side-hustle expenses—shipping costs, materials—so you can deduct them to lower your tax bill.



*Eye exam may be required before lens trial. Professional fees for eye exam may apply. One pair of non-corrective AIR OPTIX® COLORS contact lenses for wear in-office only. Offer available at participating offices,

Important information for AIR OPTIX® COLORS (lotrafilcon B) contact lenses: For daily wear only for near/far-sightedness. Contact lenses, even if worn for cosmetic reasons, are prescription medical devices that must only be worn under the prescription, direction, and supervision of an eye care professional. Serious eye health problems may occur as a result of sharing contact lenses. Although rare, serious eye problems can develop while wearing contact lenses. Side effects like discomfort, mild burning or stinging may occur. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor

Reference: 1. Alcon data on file, 2012. 2. Alcon data on file, 2014.

a Novartis company

Ask your eye care professional for complete wear, care and safety information. © 2015 Novartis 5/15 AOC14185JAD-A







Tragically, we can't all work in the candy biz. But we *can* all learn from Dylan Lauren's clever career strategies. *Glamour*'s Cindi Leive gets them for you here—listen in.

love Dylan Lauren, and not just because she served me malted milk balls during our interview. No, I love her because she has the kind of raw enthusiasm for her job that reminds you that, at its best, work can be amazingly good fun. The force behind the Dylan's Candy Bar empire (which sees its tenth store open in August), founder and CEO Lauren, 41, famously fell in love with Willy Wonka & the Chocolate Factory at age six-and today projects the joy of someone living out her childhood fantasy. But make no mistake: This new mother of twins is a killer business-

woman, with skills she picked up from her father, designer Ralph Lauren. I met her by the gummy bears to learn more. CINDILEIVE: You're about to open a store in New York City's Union Square, your company is going gangbusters, and all of a sudden you're a mother of two. How's your stress level? DYLAN LAUREN: It's a weird, unexpected, happy stress. Like, how do you keep this together? But my husband and I sort of have a joke: He does 70 percent, I do 30 percent. I'm like a kid—I don't want to discipline anyone. I want everyone to have fun and eat candy. He's a more serious, mature person. [Laughs.] CL: You saw Willy Wonka at age six. But then you did other

things until you returned to candy. What brought you back to your childhood dream? DL: I started an events company, and I kept finding that the favors, the centerpieces, the goodie bags-I kept using candy. I made tabletops out of gumballs! I kept coming back to candy. I thought, You know what? I'm going to do this. CL: When you figured out what Dylan's Candy Bar was going to be, who were the doubters? Who were the supporters? DL: The supporters were all of my friends who saw that I would spend most of my time in college at the supermarket. I got bored at keg parties, and I would buy Froot Loops to cut out the bird to decoupage. So people were like, "It figures!" But there were business people-and men more than women-who were like, "How are you going to make a business out of selling gumballs? They're five cents!" They didn't understand my vision of the

Disneyland of candy. No one understood that except for the visionaries-like my dad. CL: What advice did he give you in those early days? DL: He got it right away. He was like, "Make it bigger. It's a whole business-it's not just candy; it's the environment." CL: It's ironic that you were told, "Nobody needs Dylan's Candy Bar," and now you've been widely copied. How do you feel about that? DL: I get frustrated—frustrated I can't move faster. We pioneered this concept, and I know we have to get to Japan, to London, before our competition. And that sort of propels me to keep going. But I've seen a lot of these [imitators] go out of business. If your heart's not into what you're selling, you're not going to make it. Everyone here is passionate.

cL: Managing people can be difficult—

DL: Ugh. [Laughs.] Some people like telling people what to do. I don't like telling people what to do.

CL: How did you learn to do it? DL: I've learned it helps to really be honest with people. And I watch my dad a lot-he's had his company for nearly 45 years, and he's had employees for like 30 years. It's inspiring to watch people love my dad and want to work with him. I feel that same investment in making sure people are happy. CL: What would you say to a reader who has an idea about a business she'd like to start? DL: Do it. Surround yourself with supportive people. Keep a journal-whether you do Pinterest or get Glamour, and cut tear sheets up—so you're feeding your creativity. I look at my tear sheets from college! They help you go back to the gut impulses that got you going. ${\tt CL:}$ Did you ever expect your job would matter so much to you? DL: Being in meetings—that feels like work. But finding candy, being in the storethat's fun, and it drives me. Θ





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Let's Get You Packed!

Pro traveler (and fashion editor) Karla Martinez de Salas breaks down her tips. By Victoria Lewis



f medals were awarded in the sport of packing, Karla Martinez de Salas, 37, would take the gold. The veteran fashion editor and cofounder of the clothing label Piamita regularly travels to 20 days of fashion shows at a time; she also splits her time between Mexico City and New York, meaning that, more often than not, she's living out of her (expertly packed) bag. "I try to do carry-on for short

trips," she says. "Though sometimes the shoes get me." Here Martinez de Salas walks you through her personal rules:

Buy Luggage That Stands Out

"Half the battle is finding your suitcase at baggage claim," she says. The structured Steamline Luggage ones above have a sophisticated vintage-trunk look but come with wheels (an obvious must); Martinez de Salas also likes Tumi. Her own all-black bags feature a bright-blue monogram for easy spotting.

pants (but not sweats!); and flats, always.

Get Organized

"When I was going to Europe for the shows, I learned to lay out each outfit I was planning to wear" before packing, says Martinez de Salas. See if you can eliminate shoes or bags by rewearing. (The app Travel List can

STYLIST; GISELLA LEMOS; HARP: CHRIS LOSPALLUTO; MAKEUP. JOSEPH CARRILLO FOR CHANEL; PROPS; ERINSWIFT, PRADA JACKET, BAG; PIAMITA TOP, PANTS; LOUIS VUITTON LETTER NECKLACES, JENNIFER FISHER KEY NECKLACE; VALENTINO GARAVANI LOAFERS; STEAMLINE LUGGAGE SUITCASES



help.) If you're particularly methodical, you can even photograph each day's look for easy reference at your destination. And there are a few essentials Martinez de Salas always takes, regardless of where she's going: tank tops for layering; lightweight sweaters; her MiH jeans ("they're strong denim, so they don't stretch out when you're sitting"); and a statement necklace. But if you forget something, look at it as a good excuse to shop. "Buying pieces in the places you visit gives your wardrobe an interesting story," she says.

Packing Is a Puzzle, So Have a Strategy

Shoes—in their dust bags—go into your suitcase first, then more durable clothes like T-shirts and workout gear, and last, on top, delicates and cosmetics. To save space, roll your clothes; if you do fold, inserting tissue paper beforehand can help keep things crease-free. Got soft bags or shoes

that can't be crushed? Stuff them with socks and underwear to maintain their shape while saving space. If anything ends up wrinkled, Martinez de Salas hangs it up in the bathroom and runs a steamy shower. Or pack a pint-size steamer: The tiny (and, at \$20, affordable) Joy Mangano one from HSN is a staple in every stylist's travel bag. Finally, throw a dryer sheet into your suitcase to fend off that stale travel scent.

Keep Things Clean

"Tocca detergent is a lifesaver," says Martinez de Salas. (Find it at tocca.com.) "The cost to send out a single item to the laundry at some hotels can be higher than what you spent on it in the first place, so it's nice to be able to wash the essentials yourself."

Choose Your Travel Outfit Well

Martinez de Salas has rules: no skirts or dresses ("it's too cold and dry on a plane!"), no sandals (she travels in her Stan Smith Adidas or Céline slip-on sneakers with a little sock to avoid ending up barefoot in the security line), and absolutely no heels. As for what she does wear? "I travel in my Piamita Lucilla silk and cotton shirt [see previous page]," she says. "It's so soft and easy to layer with a cozy sweater or blazer and a scarf." In her plane bag, in addition to the usual toothbrush, deodorant, lip balm, and hand cream, there's also moisturizing face oil to apply before landing.

Ward Off Jet Lag

"A travel editor I worked with at *The New York Times* once told me that you shouldn't do anything on the plane that isn't time-appropriate to do in the place where you're going," says Martinez de Salas. If it's 2:00 A.M. at your destination, don't eat a huge meal or start a movie. For food, she brings nuts or fruit as an alternative to sodium-packed plane snacks, and "I drink tons of water to avoid dehydration." Bon voyage! **6**





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#**J** Tinashe

The R&B newbie is touring with Nicki Minaj.

In her latest video, "All Hands on Deck," Tinashe, 22, dances inside dockside shipping containers, and the message is clear: Don't expect her to stay in a neat little box. The singer-songwriter has taken a low-key tack to fame, doing several mixtapes and earning indie cred for years before signing with RCA. Now? She's the face of Denim & Supply Ralph Lauren, is touring with Nicki Minaj, and is finishing up her sophomore album.
Oh, and the girl's got moves like Janet.

GLAMOUR: Congrats on joining Nicki Minaj's Pinkprint tour!

TINASHE: I'm so happy to be a part of something that supports all women. Women in music—especially black women—are really underappreciated. You live in this weird middle area. Like, for

me, it's, Maybe I'm just a cute girl. Or, Maybe my music isn't sophisticated enough. Or, I'm not pop or not urban enough. I'm all about evolving, not getting stuck in the stigmas other people put on you.

GLAMOUR: You've collaborated with lots of big shots, like Diplo and Schoolboy Q. What was it like working with Nick Jonas?

TINASHE: [Before recording "Jealous"] I had this image of Nick being this young Disney kid. But you hang out with him and he's surprisingly cool.

GLAMOUR: You don't talk much about your dating life. TINASHE: [Dating] isn't my main priority right now. I'm looking for somebody who is understanding of my career but has their own thing goingas opposed to being my groupie, which would be weird! GLAMOUR: And what's on the Tinashe summer playlist? TINASHE: The "R.I.P." remix by Young Jeezy is my go-to song before a show. For postbreakup, hmm..."Keep Breathing" by Ingrid Michaelson. Curveball, I know! - Jacob Brown



Leon Bridges

He hits the road in August! WHY WE LOVE HIM: He was born in Texas in 1990 but has the swagger of Otis Redding and the vintage style to match. Put another way: Bridges, right, is making sixties soul music cool again. No doubt you'll fall for his sweet lyrics on "Smooth Sailin'." We did! HIS GO-TO DATE SONG: "Sam Cooke's 'With You,'" Bridges says. "The lyrics 'Though I have nothing, I feel I have everything' embody unconditional love."

#3 Kelsea Ballerini

 $Grab\ the\ girls\ and\ see\ her\ on\ tour\ through\ the\ fall.$

WHY WE LOVE HER:
You're 21, in the car with
friends, dealing with
guy drama. Country's newest star, Ballerini, 21,
below, perfectly captures
that roller-coaster feeling
on her debut album,
The First Time.
HER ROAD-TRIP PLAYLIST:
"'Best I Ever Had,' by Gavin

DeGraw," says Ballerini. "It





Cranekiss, on August 28.

WHY WE LOVE HER:
Her early albums were beautiful, full of moody, ethereal appeal. But with Cranekiss, Tamaryn has a new, upbeat sound that's all confidence—exactly the "I got this" vibe you want on the dance floor.
HER GO-TO DANCE MUSIC: "The Chemical Brothers reminds me of my teen self, sweating it out at the rave," she says.

#5

James Bay

He's touring with the one

and only Taylor Swift.

Also, he's cute.

WHY WE LOVE HIM: Just a guy and his guitar (and his wide-brimmed hat)—every song by Bay, 24, feels *that* simple, *that* intimate. His model good looks and long rocker hair don't hurt the mood either!

HIS BACKSTAGE JAM:

"We go through a lot of Exile on Main St. by the

Rolling Stones," he says.



Don't miss her at Lollapalooza on August 1.

WHY WE LOVE HER:
Alot of music by pop stars is
manufactured in postproduction, but Weaver, 22, can
sing. "OctaHate" (in both its
original and Cashmere Cat
remix forms) was an instahit. Her autobiographical
debut album, The Fool, will
get you through any
breakup. Girl can write too!

get you through any breakup. Girl can write too! HER GO-TO DATE MUSIC: "The Yeah Yeah Yeahs," she says. "'Maps' is so uplifting and dreamy; I love the vulnerability in the vocal take."



The Woman Behind...

Your Next Favorite Band

As general manager of mogul Scooter Braun's empire, Allison Kaye, 34, oversees the careers of humongous names like Justin Bieber and Ariana Grande. But she actually started as a lawyer, a career she says she gave up after hip-hop artist Asher Roth said a tarot card reading had suggested she be his manager. Now she's working with Carly Rae Jepsen and on the Jem and the Holograms soundtrack-and is a new mom. (You've seen her son, Bear, on Bieber's Instagram.) Her inside scoop:

On changing paths: "I felt like, 'I went to law school; I have to be a lawyer.' Once I decided to veer off, things started going very right for me. Don't prejudge or overlook any opportunity."

On the Biebs: "[Working with Justin] has been good prep for parenthood—now I understand a boy's struggles. When my kid is a teen, I'll know exactly what to do!"

On trusting your gut: "I'm relentless. Years ago I sent Scooter videos of the band Rixton like a crazy person. Finally he agreed to meet them, just to shut me up."

On work-life balance: "I'm not saving lives. So when I get home, until Bear goes to sleep, my phone is down. Because at the end of the day, I do all this for him."

—Jessica Kantor

continued on next page



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He's a Pitchfork must-see.
WHY WE LOVE HIM:

The 20-year-old isn't afraid to move to the beat of his own drum. His sound is part disco, part R&B, but he also loves, yes, country. We haven't fallen for an androgynous voice like this since Prince's.

HIS WORKOUT JAM:

Says Shamir: "If I worked out, Taylor Swift's 'Shake It Off' would be my anthem!" 8 Tink

We can't wait for her debut album, Think Tink.

WHY WE LOVE HER:
The Chicago-born rap
wunderkind has five—
five—mixtapes. And with
lyrics like "I get more views
than a crime scene, not
to mention I'm 17," the artist (now 20) is all about
changing the hip-hop game
for young women.

HER GO-TO DATE SONG: "'Nice & Slow' by Usher makes me feel like I'm on the best date ever," she says. #9 George Ezra

Hurry, he's on tour now! WHY WE LOVE HIM: The 22-year-old British YouTube star is a guy you'd take home just to please your momand then fall hard for. His boyish, bluesy charm comes through in Bob Dylan-esque tracks like "Budapest," "Barcelona," and "Blind Man in Amsterdam," We'll follow him wherever he goes next. HIS WORKOUT JAM: "I always stick on the White Stripes' 'Dead Leaves and the Dirty Ground' to

start a run. I love it."





Wolf Alice

Catch the U.S. leg of their world tour in August.

WHY WE LOVE THEM:

The London foursome is, at its core, a rock band. But on their debut album, *My Love Is Cool*, lead singer Ellie Rowsell has a light, airy voice that sounds like heaven—and this mash-up *works*.

THE SONG THAT PUMPS THEM UP:

"'I Really Like You.' I don't think I've met
anyone who can't admit to liking Carly Rae,"
says guitarist Joff Oddie.

5 Things I'm Loving, by Greg Krelenstein of the DJ trio Misshapes

Tame Impala's New Album

I first saw these longhaired Aussies rock out at Coachella; now, on *Currents*, they have beach-friendly pop tracks. Don't miss "Eventually."

Veruca Salt's Latest

The group just dropped their first album in 20 years! Add that to Tori Amos' reissues and Kim Gordon's memoir, and we can all agree: love #girlswhoshred.

The Film Amy

We deejayed the day Amy Winehouse died, and played "Rehab" in her honor. This honest doc shows a side of her that the tabloids completely missed.

Bieber's New Collaboration

I'm a Belieber, and Justin's vocals on Jack Ü's "Where Are Ü Now" will make you one too. An infectious chorus with emo lyrics? Yes, please.

This Morning-After Playlist

When recharging, I turn on "Here" by new girl Alessia Cara, Jamie xx's "Loud Places," and Miguel's "Coffee" (though I drink kombucha).

GLAMOUR'S PICK: Sydney Lucas

The tween stole the Tonys with prodigious pipes and a killer Beverly Cleary haircut. You can still see her in the musical Fun Home.



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Hell Yeah, Music Videos Are Back!

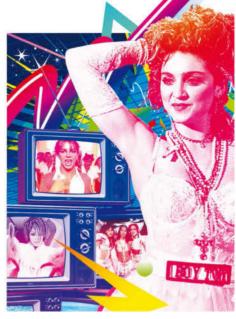
And female visionaries made it happen. By Megan Angelo

et me take you back to the summer of 1999. Facebook wasn't around vet. Butterfly clips reigned supreme. And my friends and I were watching Britney Spears' "Baby One More Time" music video all day, every day. When it wasn't on MTV, we'd call up the pay-for-play network The Box and charge \$3.49 to our parents' phone bills so that we could see it again. It was the golden age of the blockbuster music video. the era that brought us Michael Jackson's "Thriller," Madonna's "Like a Virgin," TLC's "Waterfalls," and my favorite, Aaliyah's "Are You That Somebody?"—I spent months

Then, in the mid 2000s, came the rise of YouTube and the fall of *Total Request Live*. Eyes migrated online, TV ad money dried up, and megamillion-dollar budgets evaporated. Epics like Mariah Carey's "Heartbreaker," one of the most expensive videos ever made—with a cartoon Mariah and a Mariah-as-Rizzo-as-Sandra Dee short *within* the video!—were no longer doable. Suddenly I could catch a video on TV only if I passed out on the couch and woke up to MTV's 6:00 A.M. *Music Feed* hour.

nailing the choreography for that one!

The loss was a gutting one for female-kind. We talk every day (at least those of us at *Glamour* do) about how to better depict women in film and TV, but music videos have always been a place where certain strong female artists do exactly what they want. Wanna play a post-apocalyptic military heroine? Go for it, Janet Jackson in "Rhythm Nation." Headbang barefaced in "You Oughta Know"? Live your vision, Alanis Morissette. You can be a Bond girl too, Shirley Manson in "The World Is Not Enough." As a venue for bold self-expression, nothing can touch the major music video.



Madonna, Britney, Janet, and TLC brought it, baby.

Which is why I'm so glad today's leading ladies of music-many of whom were raised on the same vids I was-are using their vision and resources to revive the art form. There's Taylor Swift, who assembled Cara Delevingne, Lena Dunham, and the rest of the It Girl list to play kick-ass superheroes in "Bad Blood" and set a Vevo most-watched record. There's Tinashe (see page 133), whose twirls and two-steps in "2 On" are mesmerizing. And, of course, there's Beyoncé, who blew everyone's mind and delivered 17 music videos to iTunes when she dropped her surprise self-titled album in 2013. Each Bey video was over-the-top in every way-full of Ferris wheels, Ferraris, and feminist undertones. (Finally our long national twerking nightmare is over.) Now, if you'll excuse me, I'm off to watch Iggy Azalea and Britney Spears' "Pretty Girls" for the 900th time. It has everything I love: fabulous style, women speaking their minds, and-just as in 1999-Britney.



Follow *Glamour* TV columnist Megan Angelo, @meganangelo; or read her daily at glamour.com/entertainment.





emember in *Clueless* when Alicia Silverstone's

Cher had the world-rocking realization that she was "majorly, totally, butt-crazy in love" with Paul Rudd's Josh? She was speaking for all of usand Rudd went on to establish himself as Hollywood's ultimate good-hearted guy. Now, at 46, he's trying something new: saving the world, in Ant-Man, summer's biggest superhero flick. We talked to Rudd, whose other July release is Netflix's Wet Hot American Summer prequel, about coming up with the Hollywood in crowd—and deejaying at bat mitzvahs. (Google it!)

GLAMOUR: Playing a superhero

Were you into comics as a kid? PAUL RUDD: Yes, but the comics I grew up collecting were Archie and Jughead. So this was a whole new world for me. **GLAMOUR:** What surprised you most about the process of becoming Ant-Man? PR: How much I enjoyed the commitment it takes. For a good chunk of a year, getting fit for the part became the focus of my day. GLAMOUR: What does one give up for the Ant-Man diet? **PR:** Everything. *Everything*. GLAMOUR: That couldn't have been easy. We heard you have a full-on bar in your basement. PR: I stocked it with a lot more club soda than usual.

is the ultimate fanboy dream.

GLAMOUR: You've had great on-screen romances with Tina Fey, Amy Poehler, and Jennifer Aniston—all the great girls in comedy. What's that been like?

PR: Tina and Amy are two of the strongest, most nononsense, brilliantly funny people I know. I saw their fame coming when they were just kids. And Jennifer-I knew her before anyone knew who she was-her spirit and her heart are unchanged. She's kind, caring, and loyal to everyone she knows. GLAMOUR: Your guy clique is pretty respectable too. You work with the Judd Apatow clan and, of course, the guys from the Anchorman movies. PR: You know, I always envied rock bands because I'd think about how great it would be to share your success with [your bandmates]. That's the kind of kinship I feel with these guys. You don't let one another feel too self-important. **GLAMOUR:** In movies like

ILove You, Man and This Is 40, you play a kind of modern, emotional guy who's comfortable talking about his feelings. What draws you to that type of character? PR: People think men just talk about sex all the time. It's such a frat-guy cliché. I've always thought, That's not me and my friends. I want to talk about what's going on in my friends' lives and how they're doing, and they want the same. GLAMOUR: Before we let you go: The Internet capsized over a video of you enthusiastically deejaying a bat mitzvah in the nineties. Was this a regular gig? PR: I did it for about a year on the weekends while I was in school. I'd do whatever I could to keep the party going, though it was a real challenge to get excited over MC Hammer's "U Can't Touch This" every week. @

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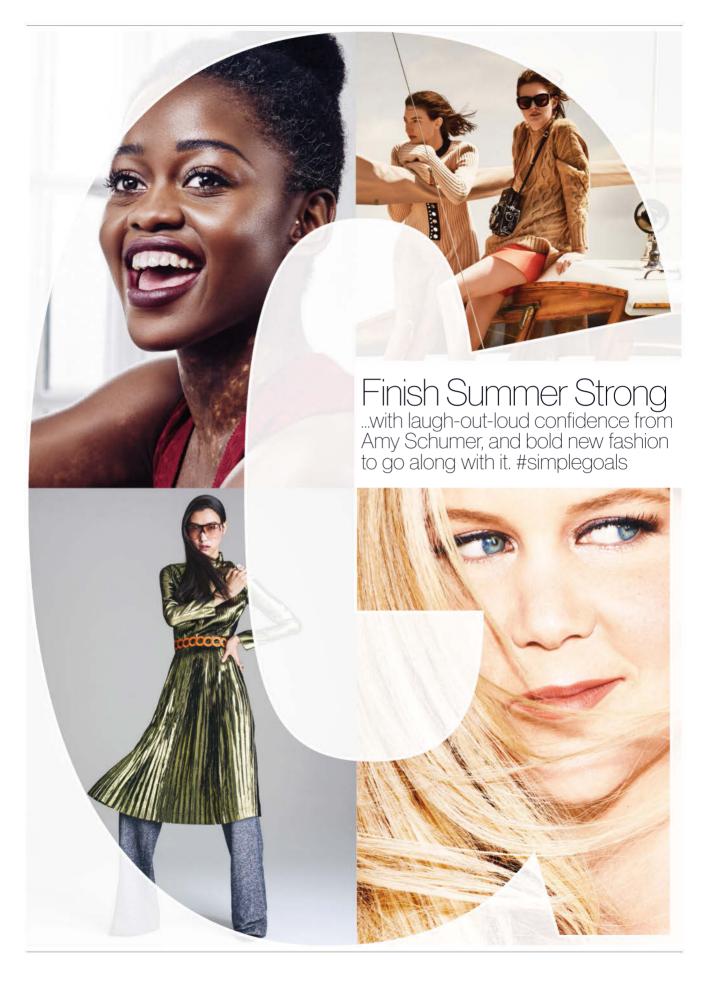
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Amy Schumer has spent more than a decade cultivating her fierce, feminist voice. Now, with her hit Comedy Central show cracking up women everywhere, and her autobiographical movie *Trainwreck* about to hit theaters, she tells the person who knows her best—her sister, writer Kim Caramele—how it feels to have all eyes on her. "Oh my God," she deadpans. "I'll cross my legs."

Photographs by Matt Irwin Stylist: Beth Fenton

my Schumer, 34, is on the cover of *Glamour*. Hell yeah. I'm psyched not only because I want to read whatever list *Glamour* comes up with on how you can get Amy's earlobes or whatever, but because she has a lot of crazyfunny, important stuff to say.

Amy is having the kind of year that people have right before they up and move to Africa. Her Comedy Central show, *Inside Amy* Schumer, won a Peabody and was nominated for an Emmy. (Her viral sketches skewer society's attitudes toward everything from rape to the wage gap to the Cool Girl—that super-hot male fantasy girlfriend who loves pizza and Xbox and is down for WHATEVER.) She was named to Time's 100 Most Influential People list and to People's Most Beautiful list. She's even going to be on the road with Madonna. No like...for real. And on July 17 Amy's first feature film, Trainwreck, is hitting theaters. She wrote and produced the romantic comedy, which Judd Apatow directed, and stars as Amy, a magazine writer, who avoids monogamy like the plague until she finds herself falling for a sports doctor she's profiling for work. What's most exciting about the movie coming out—in addition to seeing Bill Hader, Tilda Swinton, LeBron James, Vanessa Bayer, Colin Quinn, John Cena, Brie Larson, and Ezra Miller in one place—is that people will get to know even more about Amy. The film is, after all, quite autobiographical. For example, in it, Amy has a sister named Kim, who is based on...me.

Hi, readers! I'm Kim Caramele, and I'm Amy's (much, much, much) younger sister. When I was asked if I'd interview Amy for *Glamour*, my first thought was "no." It seemed like a crazy amount of work, and I *love* not doing crazy amounts of work. Then I did some thinking. As Amy's sister, former assistant, road manager, and now someone who writes and produces with her, I've sat in on hundreds of her interviews, and I've heard her asked the same questions, time and time again: "Are women funny?" "Do you think this is an exciting time to be a woman in comedy?" "Why do you think you talk about sex so much?" (The answers, by the way, are "Of course," "Sure," and "Because talking about sex is interesting.") Considering her amazing work, surely there's more to ask. So to make a long, toowordy story short, I wanted to interview Amy so that I could ask her the questions I wish others would.

Amy's Power Stance

"There are all these preconceived notions of what it means to be a woman or a girl, and straying from those ideas is shocking to people," Schumer says. "I felt angered by that as a kid."

Dolce & Gabbana bodysuit. Donna Karan New York skirt. L.K.Bennett belt. Jacquie Aiche bracelet. Chelsea Paris pumps. To get hair like hers, try John Frieda Frizz Ease Beyond Smooth Frizz-Immunity Primer (at drugstores). For extra body, stylist Serge Normant suggests using a volumizing spray before blow-drying.

Growing up with Amy on New York's Long Island, where we used to learn dance routines, create plays, and play volleyball together, I feel confident that I am the person who knows Amy best. And I want to help others understand who she is as a person, not just a performer. Onstage or on her show, Amy sometimes plays characters who are vapid, self-absorbed, narrow-minded, and overall a real bummer. (See Amy Lake Blively, a Hollywood-actress type, in her sketch "Celebrity Interview" or her world's worst wingwoman character in the aptly titled sketch "Wingwoman.") As a person, Amy is kind, loyal, honest, and when I say funny, I don't mean funny like laugh-out-loud-for-a-second. I mean funny as in, she can debilitate you. (Like when some jerk at a bar drinking out of a glass shaped like a cat says something rude, she tells him that holding that glass is probably the closest he'll ever get to a pussy.) I have been doubled over, cry-laughing at more restaurants than I am proud of, and it's not fun. It's embarrassing when Amy makes you laugh so hard you can't speak to order your second plate of mozzarella sticks. It's probably impossible to fully convey that side of Amy—or what it's like being her friend and sister. But trust me, it's the f--king best.

Tilda Swinton wrote a poem about Amy for *Time*, and I think her words captured Amy's essence perfectly. She described Amy as being an "honesty bomb," and said Amy is in your corner. So I guess what I'm saying is just read Tilda's thing if you still have Amy questions after this article. Actually, read Tilda's thing even if you don't have questions, because it's incredible. You know what, maybe I should just write this article about Tilda instead of Amy. OK, fine, I won't. Anyway, here is the conversation that I had with my best friend, my big sister, my effing hero, Amy Schumer. Enjoy.

AMY SCHUMER: Hey!

KIM CARAMELE: What makes you—

AS: Don't ask me what makes me tick!

KC: Tick? OK, no. So I think readers would like to know how you feel about having become this new feminist icon. Do you want to be a new face of feminism—and if so, what responsibilities come with that role?

AS: It was very unexpected. I don't try to be feminist. I just am. It's innately inside me. I have no interest in trying to be the perfect feminist, but I do believe feminists are in good hands with me.

KC: You call out sexism in your comedy. Where does that inclination come from?

AS: Every woman deals with it most every day of their lives. Growing up, it's just in your day-to-day. There are all these preconceived notions of what it means to be a woman or a girl, and straying from those ideas of femininity is sort of shocking to people. I felt angered by that as a kid. I felt like that was unjust. Like that was not right.



KC: Do you have any examples of sexism you've faced in your career? **AS**: I was headlining at a comedy club, and you saw one of the security guards, who had always been so nice to me, saying, "Amy's so successful now. I wonder how she got that?" and then pretending to give a blow job. And *you* confronted him. right?

KC: I remember. I was like, "Don't say that about her—that's not true." And he was like, "Oh, no, that's just how we joke!"

As: Yeah, that sh-t. And the whole "Who did she sleep with?" to get whatever? I've never slept with anyone who could help me at all. No one. I wish I had. If anything, everyone I've had sex with has been a real step in the wrong direction. [Laughs.]

KC: Do you think people hear your comedy and assume that they can joke with you in a specific way? Not that that's an excuse.

AS: I think anybody who's smart and who knows me can see that that's an act and this is not. I'm very clear with my boundaries. I had a comedian one time pull me onto his lap, and I said, "Never do that to me again. You and I are not gonna play like that." I hope I do influence other women to set better boundaries for themselves.

KC: I learned that from you. I used to just get angry. But now I know

KC: I learned that from you. I used to just get angry. But now I know if people don't know better, it's fine to tell them.

AS: You've got to be vocal. You let people know. Their ego's a little bruised. Then they adapt.

KC: Is it scary to be a woman who's using her voice the way you do?

AS: I have gotten death threats—that was scary. But it just made me want to use my voice *more*.

KC: Sometimes people describe you as somebody who doesn't care what anybody else thinks. But I don't think that's true.

AS: I care about what the people I *care* about think about me. It's a short list, but I really care about what those people think.

KC: After your amazing speech at the *Glamour* U.K. Women of the Year Awards [in which Schumer said, "I'm probably like 160 pounds right now, and I can catch a dick

whenever I want"], one commenter on YouTube wrote, "If a man talked about catching pussy, the media would be calling him a chauvinistic pig." What do you think about that?

AS: I think they're right. If a guy was like, "I can get pussy whenever I want," that guy would be a dickhead. But to deny that there's a major difference is ridiculous. For women, we're taught to eat less until we disappear. And trained to believe that if you don't look like everyone else, then you're unlovable. And men are not trained that way. Men can look like whatever and still date a supermodel. I'm proud of what I said. I think it's good to see somebody saying: I have a belly. And I have cellulite. And I still deserve love. And to catch the old D. And to not apologize.

KC: What moments shaped how you feel about the way you look?
AS: I remember feeling very beautiful and not even thinking about it. In fifth grade this boy, a friend, was like, "You have a big butt." That was the first time it occurred to me that people were shaped different. In sixth grade I had a new outfit—tight pants and a tight ribbed shirt—and [another boy] was like, "Whoa, Big Bertha." I was like, "Oh, big, that's not good." But then when I was a freshman, I heard the senior boys were coming to our volleyball games because they liked how I looked in booty shorts. So I got feedback on both ends of the spectrum. But I had good confidence.

KC: What should we do if we're not so confident? What do *you* do? **AS**: Appearance has so little to do with where we should get our confidence from. But everywhere we turn we're told we're supposed

to look this certain way. Sometimes I don't know the difference between J.Lo or Beyoncé or Kim Kardashian, if I look quickly! I have looked at myself in the mirror and thought, This is how you look. Embrace that and move on. And Leesa Evans, who was the costume designer on *Trainwreck*, explained that the way clothes fall on people is never right just out of the gate. You have to get them fixed! But confidence has nothing to do with how you look. I feel happiest when I'm with friends and I'm working really hard.

KC: How can we have fun with fashion without judging each other?
AS: Not everyone's wired to understand how to dress. I don't have

"I have no interest in trying to be the perfect feminist, but I do think feminists are in good hands with me."



Double TroubleCaramele with Schumer, when she hosted the 2015 MTV Movie Awards

that chip. I've sometimes not even wanted to leave the house because I can't find an outfit. I feel best when someone who knows what they're doing and knows *me* has dressed me. So ask a friend!

KC: There are a lot of eyes on you right now.

AS: Right now? Oh my God. I'll cross my legs.

KC: You have a lot of influence. How do you want to use that power?

AS: I just want to get the most money I can.
KC: Babe.

As: Sorry. I want to make women laugh. I want to make them feel beautiful in their own skin. I want to empower them to use

their voice and not apologize. And I want a jet.

кс: Describe your perfect day.

As: Oooh—fantasy day. Wake up at the beach. Have two eggs over easy, whole-wheat toast—no, a baguette, with jam, butter. Go down to the beach after I digest. Play volleyball with you until we're sucking wind. Go in the ocean. Play more volleyball. And we're playing really well. We're winning. At night we walk over to a restaurant/bar. Have great wine. Watch the sunset. I hug you goodbye. I get picked up in a helicopter by whatever guy I'm into at the moment—and/or Tom Hardy. Actually, I would be like, "Tom Hardy, you're better than this. Why are you f--king me?" We fly around. Make out. Go home. Have sex. Watch a movie. He leaves; you come over. We drink scotch and watch Orphan Black.

KC: But can I just say—you get nauseous in helicopters.

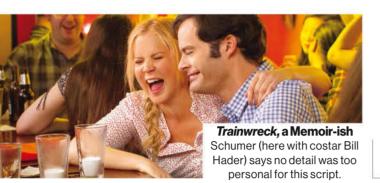
AS: Why are you ruining this? I also couldn't play volleyball all day right now. I would die.

KC: No, you could, no, no. Everything else we could totally do. What do you think most people who haven't met you assume about you?

AS: I think most people think they already know me and that I'll be fine with them coming up and being very familiar with me. But really I'm an introvert and don't feel comfortable around big groups and strangers. It's overwhelming for somebody to come up and want to just be friends right away. People think comics are always funny and on. And we're not. We're pretty quiet.

KC: So how do you want fans to act if they see you?

AS: If a fan, and I feel stupid saying that word, if someone sees me and has warm feelings and wants to express them, these are my favorite interactions: They smile and say nothing—or say, "Thank you." If I'm not on the phone, and I have time, and we can have a conversation, that's great. I don't want to take a picture. I will do it, but I don't want to. That's it.



KC: What's the longest you've gone in the last 10 years without doing

AS: Great questions, babe. Since I've been really doing it, maybe two weeks. And I was like, Oh my God, I can never wait this long again. KC: Sometimes you'll have no plan of doing stand-up, then you'll see a club, and you'll want to do a set. Can you explain how that feels?

AS: You get better with more stage time. It's like exercising a muscle. It's like working out. And so you're like, Ooh, I could use this muscle. And also I'm happy every time after I go onstage. I feel good.

KC: OK, Trainwreck questions. Your character, Amy, has a lot of traits that some people may perceive as flaws. But for the most part, I think a lot of people can really see themselves in your character. How would you feel if you were watching the movie and you weren't associated with it—you were just an average girl in your thirties?

AS: I think I'd be f--king psyched. I think I would laugh, and I'd be like, Yeah, I'm OK. I'm OK.

KC: Were there things from your personal life that you deliberately didn't put into the movie? Where you were like, "Not this"?

AS: No. For this story I feel like I left it all on the floor, as they say.

KC: How would LeBron [James] describe working with you?

AS: As the highlight of his entire life. [Laughs.] I know he has kids, and he won, like, a baseball game or something. But I hope LeBron would say that I was easy to work with, but I'm, like, a boss.

KC: Since your character is the queen of hookups-

AS: Bye. What if I walk out of this interview?

KC: You crawl out. Any Dos & Don'ts for hooking up?

AS: Do what you feel you want to do while also considering how you'll feel the next day.

KC: So, make informed decisions. And Don'ts?

AS: Oh, and also Do have an orgasm.

KC: We've moved on to Don'ts.

AS: Don't not have an orgasm. Make sure he knows that you're entitled to an orgasm.

KC: How do you tell him?

AS: I like to say it. I'll be like, "Hey, there are two people here."

KC: Two peas in this pod.

AS: Yep, I'll be like, "Oh my God, have you met my clit?" Don't be self-conscious.

KC: Looking back, do you think your career and talents are more a result of nature or nurture? Do you understand that question?

AS: I do. Thank you. I think the perfect storm of both. Everything I would do was met with major encouragement that mattered. But also I was obviously just born wanting to perform.

KC: How would you describe the humor in our household?

AS: Dark.

KC: Dark as sh-t, right? After we stopped being rich [the family went bankrupt when Schumer was 127, did vou ever feel poor?

AS: No. Not that I remember. We were cool. Were we squatters?

"You're entitled to an orgasm. I like to say it. I'll be like, 'Hey, there are two people here."

KC: We lived in a lot of different apartments. Do you remember having a favorite bedroom?

AS: Yeah. I loved our bedroom where my bed was built into the wall. And I moved the mattress to the floor and used it as a stage. Your room was always—you always got the sh-t room.

KC: I got the sh-troom. [Laughs.]

AS: Yeah. I think it's important to say that our mom kept downsizing homes until we were literally sleeping head to toe.

KC: Yeah. So Dad having MS [he was diagnosed with multiple sclerosis when Schumer was nine]. It's a real bummer. Why do you think that didn't totally f--k us up? And shatter us?

AS: It definitely changed our perspective. Seeing a parent you thought was invincible completely decline makes you appreciate everything, and it also lets you know that life can be horrible for no reason. And I think knowing that has informed a lot about who I am. I don't know if that's happened for you. Maybe not. You're better at detaching. I want to feel what I'm feeling.

KC: That sounds awful to me.

AS: Yeah. I also think, with our age difference, I got four more years with Dad in the house. I remember him as this strapping young man. He was a good dad.

KC: So how do you think your career has impacted your dating life? AS: I think it's hurt it.

KC: You're f--ked.

AS: I'm not. That's the problem. [Laughs.] It's hurt it. Now I have to wonder what people's intentions are, and also people think that I have more sex than I do. But you know what? I made a decision. I'm gonna do this anyway. [Laughs.] I'm gonna keep speaking up and creating all this work. I could have roped it in and hopefully found a mate. But I made a decision. And it does feel like sometimes it's a sacrifice for my love life and social life. Hero alert! [Laughs.]

KC: You've been quoted as saying, "My sister, Kim, is my hero."

AS: I never said that.

KC: "She's my idol. She's my rock."

AS: I've never said that.

KC: "She's where it's at."

AS: I've never said that.

KC: OK, OK, that's it. Bye.

Kim Caramele is a writer, producer, and actor on Comedy Central's Inside Amy Schumer and is a producer on Trainwreck.







Magic Hour Opposites attract: A menswear-inspired coat is a surprisingly cool cover-up for a classic maillot. On dry land pair the topper with a strappy dress. From left: CH Carolina Herrera coat, \$1,510; Laura Urbinati swimsuit, \$235. Derek Lam coat; Solid & Striped swimsuit, \$148; Rebecca Peacock Jewelry earrings, \$125 a pair. Sail from this fashion season to the next with an easy, earthy mash-up of warm-weather staples and cozy fall knits.

Photographs by **Victor Demarchelier**Stylist: **Laura Ferrara**

































I Was Orphan Number 27

Michaela DePrince lost her family as a girl in Sierra Leone; now she's a world-class ballerina, her triumph soon to be a Hollywood movie. But her biggest goal? To inspire young girls. By Erika Hayasaki

Photograph by Alique Stylist: Sonny Groo

"Michaela's story is astonishing, but it's her talent and perseverance that will make her a star."

-Virginia Johnson, artistic director of the Dance Theatre of Harlem

hen she met her prospective mother, Orphan Number 27 was wearing a vomit-stained dress. She'd been living at the shelter, home to 26 other children in her native Sierra Leone, ever since her father was murdered in the country's brutal civil war and her mother died from fever. Only four years old, she was so nervous about getting adopted, she'd gotten sick. After all, adults at the orphanage had told her time and again she was too ugly to ever be chosen, calling her "the devil child" because of her vitiligo (a skin condition that causes loss of pigment). "But I guess I was a little sassy," she recalls. "Whenever people called me things, I would say, 'I don't care. I'm going to be someone.'"

And she is: Today Michaela DePrince stands as one of very few black classical ballerinas in the world, and MGM just snapped up the film rights to her memoir, *Taking Flight*. "When I look back at all the things I've been through and everything I've accomplished," she says, "I realize, Wow, I am very blessed."

Her career seems almost fated: Outside her orphanage one day, the wind had literally blown a magazine onto her face; the cover showed a ballerina *en pointe*. "The dancer looked beautiful and happy—that's what caught my eye," Michaela remembers. "I wanted to be *happy*." And when she met her new mother, Elaine DePrince, that tattered photo was the first thing she handed her.

The DePrinces brought Michaela to Cherry Hill, New Jersey, to raise her as one of their 11 children (nine of whom are adopted) and quickly put her in dance class. "There was so much love right away," says Michaela. "I had never been surrounded by something like that." It wasn't long before she knew she couldn't live without ballet, even as she was reminded she didn't fit the dancer stereotype. Her mother spent hours dyeing Michaela's pale costumes and pointe shoes to match her darker skin, and the young dancer was told she wasn't right for various roles because her body was too athletic. "I put up a front that I was fine with being the only black girl or not getting a role," she says. "But it was very difficult."

By age 14 she starred in a documentary, *First Position*, as she competed for—and won—a prestigious scholarship to the Jacqueline Kennedy Onassis School at the American Ballet Theatre in New York; today, at 20, she's a member of the Dutch National Ballet in Amsterdam and hopes to be a role model for young people, not just through dance but also by working with the Girl Scouts and War Child, a group that helps children in conflict zones. Her ultimate dream is to open a school in Sierra Leone.

"Sometimes you just need to make a little ripple to open the doors for others," she says. "I still find it amazing how that magazine cover came at the perfect time, just as I was almost losing hope." Last year she actually found the dancer in that photo, Magali Messac, a French prima ballerina who has since retired; the two hope to meet this summer. "Michaela's story—the magic of it, but equally the hard work and belief in her dream—is remarkable," says Messac. "She will inspire other young girls to dream high and believe in themselves."







f you need proof that Julie de Libran is a woman's woman, consider the way she celebrated her triumphant debut collection for Sonia Rykiel last fall: a seated dinner at Brasserie Lipp on Paris' trendy Left Bank, to which not one man was invited—not even the president of the company! "He asked if he could at least come for coffee, but I said no," says de Libran from her tiny office atop the Sonia Rykiel boutique on the Boulevard Saint-Germain, a stone's throw from the apartment she shares with her husband and son. "At the end, of course I let him in," she adds with a giggle.

De Libran, a petite woman with tousled blond hair who, on this gray Paris afternoon is the epitome of Left Bank chic in jeans and a knit cape from her fall collection, has long been respected by the fashion world, having worked at Versace, Prada, and most recently Louis Vuitton. It was not until her appointment at Sonia Rykiel in May 2014, however, that she was catapulted into the spotlight, hailed for transforming the "sleeping beauty" (her words) of a fashion house into one of the coolest, hippest brands in Paris pretty much overnight. The boho-glam shrugs, the stripes, the skinny "poor boy" knits—all hallmarks of the look Sonia Rykiel herself sent skipping down the runway back in the seventies—got a need-it-now update in de Libran's deft hands.

Take the gold-buttoned sailor trousers (the It Pants of summer) and divine cone heels that de Libran is wearing today, or the shearling navy peacoat you could imagine on seventies style icon Françoise Hardy. Add to that the top models de Libran casts in her shows: Instagram-friendly types like Gigi Hadid, Kendall Jenner, Hailey Baldwin, and Jagger sisters Lizzy and Georgia May (whose mother, Jerry Hall, modeled for Rykiel back in the day). "For me, beauty is not just a face," says de Libran. "It's about a charm, a personality. I like the exchange between them too: Gigi

"It makes a difference that she's designing clothes *she* would want to wear. She thinks about what a woman feels good in." –*sofia Coppola*

and Kendall are really close, and I like that Lizzy and Georgia May are sisters. I come from a large family with lots of cousins. Sonia herself is one of five sisters. Nathalie [Rykiel, the designer's daughter and the vice chairman of the company] has three daughters. So in a way, the shows are about sisterhood."

Or the club everyone wants to join. "Julie brings a cool-girl style to the brand, which is sure to elevate its cult status," says Sarah Rutson, vice president of global buying at Net-a-Porter.

And hurrah, she's a woman, which marks a welcome departure from the norm in Paris. Not that de Libran is the only female designer at the helm of a major label (think Phoebe Philo at Céline), but in a field where houses *founded* by women are now routinely headed by men (from Karl Lagerfeld at Chanel to Alber Elbaz at Lanvin), her appointment is still something of a rarity. And a satisfying one, given that Sonia Rykiel was an unapologetic feminist in her day, campaigning for women's rights on the streets of Paris with her trademark wedge of marmalade hair.

"In France we have a saying, that men are a little like roosters," says de Libran, chuckling. "I mean, I don't want to be critical—I'm married to one—but [unlike some male designers] I'm not interested in the 'glory' part of the job. Some people wonder why I am in the fashion business. I guess I'm just interested in doing the work, in the product. I'm very hands-on."

She's also fairly American. Born in Aix-en-Provence, France, de Libran moved to San Diego with her family when she was eight, and she still has a little of the California beach girl about her. She remembers being a fashion-obsessed teen, living in Ocean Pacific shorts and shrunken tie-dyed T-shirts but at the same time pilfering her French mother's stash of Sonia Rykiel mohair sweaters and Hermès scarves, which she'd wear kerchief-style around her neck. It was a skill her colleagues at Prada, where she worked for a decade, admired. "At product meetings Miuccia would always say to me, 'Julie, you tie the scarf—it's your moment!'" she says.

"I think it makes such a big difference that she's designing clothes that *she* would want to wear," says film director Sofia Coppola, a close friend of de Libran's. "She thinks about what a woman feels good in." Coppola met de Libran in Paris at a baby gym class and says of her that "she's a great combination of Parisian chic and laid-back California style. She is also much friendlier than a lot of Parisian women!"

It's true, she *is*—volunteering all sorts of girly details to *Glamour*: She is a Pisces with Gemini rising; she's a creature of habit when it comes to ordering food ("soft-boiled eggs for lunch...I don't even want to *look* at a menu"); and she never, ever steps on a scale. She adds, pointing to her head, that "it can get quite hot up there," but anyone who knows her will tell you she's a dream to work alongside or for. "Although sometimes I feel I'm not tough enough," confesses de Libran. "Sometimes I'd like to be

tougher. But I'm happier this way. It's important to have a nice ambience. Nobody screams at each other, and if it's not that way, they don't work for me."

Normal and mega talented? De Libran is a refreshing antidote to the tortured-artist designer stereotype. "Julie is the kind of woman I admire very much," says Marc Jacobs, who was her boss at Louis Vuitton. "She's a woman with a family, a woman who is creative, cultured, and has a genuine interest in this world. By wearing and living in the clothes herself, she gives them a legitimacy

that a [male designer] could never bring."

"For many years I said talent isn't about [one's] gender," says Nathalie Rykiel, "but I think [de Libran's] being a woman makes a difference. But she's not just a woman; she is a wife, a mother, and she's not 20 either!" Meaning she's a real woman, not one imagined by a magazine.

"Also, she adores, I mean *adores*, fashion," Nathalie continues. "Whenever I come into the office, she says, 'Try on this, try on that.' She likes to play. You can tell she has a passion for this job in a very real, physical way. I feel she has found the right house and we have found the right person."

But De Libran is making the job her *own* home too. "At the beginning I used to go to the archives," she remembers. "But at a certain point I had to close the book; it's a different time now. I have to do it for today."

Christa D'Souza is a contributing editor at British Vogue.







French Dressing From left: A colorful take on the brand's iconic stripes from de Libran's new resort 2016 collection; Georgia May Jagger was among the many major models to walk de Libran's first show for Rykiel; house founder Sonia Rykiel in 2002.







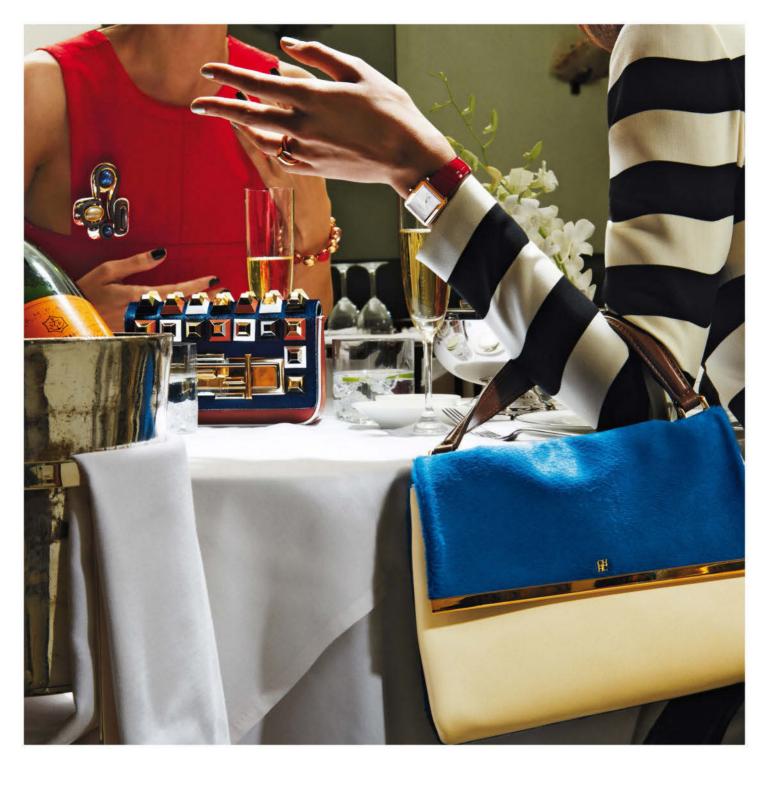
Am Candy

Nothing against a classic LBB (little black bag), but this season we're reaching for purses with *character*. Show them off with statement nails and jewelry.

Photographs by **Thomas Lagrange** Fashion stylist: **Karla Martinez de Salas**

Ombré: Not Just for Your Hair How chic are these bags' of-the-moment faded finishes? Nice with a dark nail, and wearable with almost *everything*.

From left: **Dior** bag, coat; **Vhernier** bracelet. **Balenciaga** bag; **Hilfiger Collection** sweater, \$160; **Aurélie Bidermann** gold ring, \$280; **Lele Sadoughi** ring, \$120; **Illesteva** sunglasses, \$290. For deep emerald nails, try **Sally Hansen** Insta-Dri Nail Color in Poison Ivy (\$5, at drugstores).



Buy Now: The Color-Blocked Bag And wear it with your boldest (even striped) clothes, plus a menswear-inspired watch. From left: Fendi bag, \$2,450, top; Louis Vuitton brooch, \$875; Vhernier bracelet. CH Carolina Herrera bag, \$1,180; Valentino dress; Maiyet ring, \$395; Chanel watch. For a metallic mani, try OPI Infinite Shine Hybrid Lacquer in Silver on Ice (\$13, ulta.com).



Conversation-Piece Extras So much to discuss here! There's the bag-within-a-bag for big-purse carriers; the small-clutch-with-big-rings combo (note, and copy!) for lighter packers; and polishes in dark green and silver—both so, so cool. From left: Prada bag; Illesteva sunglasses, \$290; Solange Azagury-Partridge rings. Stella McCartney clutch, \$3,800; Alison Lou ring; Ippolita bracelet. For forest green nails, try Burberry Nail Polish in Dark Bottle Green No. 423 (\$22, burberry.com).



Splurging? Make It Artistic A decorative bag (we love the paint-splattered and mosaic styles here) works for special occasions—*or* when you just need to dress up your favorite jeans. Dark polish adds to the drama of it all. For more bag inspiration (at a price that won't break the bank), turn to page 179.

From left: Roger Vivier bag; Marie-Hélène de Taillac bracelet. Chanel bag, dress; Nora Kogan bracelet, \$1,320. To make your manicure last, finish with Essie Gel Setter Top Coat (\$10, essie.com). See Glamour Shopper for more information. Models: Joline Towers at Parts Models, Morgan Stover at One.1 Management, and Dan Cameron at Wilhelmina; manicures: Gina Vivano for Chanel; production: lan Kaplan at The Custom Family; prop stylist: David Davis. Special thanks to Mr. Chow, NYC.

Alan

Everything you need to know about all the good stuff you just saw

Cover Star

It's Amy (Again!)

Time for the lightning round. Writer Kim Caramele asks her sister, Amy Schumer, 10 rapid-fire questions.

KIM CARAMELE: What's your favorite song to sing?
AMY SCHUMER: "Marrow," by Ani DiFranco, withyou. Or "White Rabbit," by Jefferson Airplane, by myself.
KC: What are you better at than anyone else?

AS: Disarming people and letting them know that they're safe with me.

KC: What are you *worse* at than anyone else?

AS: I'm the worst person to go to the Baseball Hall of Fame with. I'm the worst person to have small talk with 'cause I can't stomach it.

KC: If you weren't a comic or an actor, what would you be?

AS: Hooker. No, I would probably still be bartending.

KC: What sports do you play?

AS: Volleyball. I love hiking. I'd like to



On set with hairstylist Serge Normant: "She was so sweet." he says.

hike a mountain. I will. **KC**: What shows do you watch?

As: Right now Orphan Black, House of Cards, The Bachelorette. And Last Week Tonight with John Oliver.

KC: What alcohol do you like to drink?

AS: Oaky chardonnay. A big California red or

a Barolo. Tequila on its own or in a margarita. A martini. Lagavulin scotch.

KC: What alcohol *don't* you like to drink?

 ${\bf AS:}$ Gin. [Laughs .] But I'll have a gin.

KC: What movie makes you cry?

As: Oh, so many. Wild made me cry most recently. The Bridges of Madison County makes me f--king lose my mind.

KC: What makes you laugh out loud?

AS: [Deadpans.] Schindler's List. No. Laugh out loud? Dogs. Dave Attell.

Shop Our Shoots

Best Bright Buys

Didn't get enough on page 162? More shimmery blouses.

Under \$50



H&M (\$40, hm.com)

Under \$150



Reiss (\$145, reiss.com)

Under \$200



Michael Michael Kors (\$175, select Michael Kors stores, 866-709-5677)



New Faces
Surprise,
These
Models
Are
Siblings!

Points to you if you spotted the resemblance between models Ophélie and Corentin Guillermand on page 14 and at left: They're brother and sister. Ophélie is a seasoned pro with impressive Prada and Tommy Hilfiger campaigns under her belt. Little brother Corentin had his first real taste of the biz a year ago. "I Instagrammed a picture of us, and it got instant buzz with my agents and photographers," Ophélie recalls. Her brother's big break came when Sonia Rykiel artistic director Julie de Libran got the idea to

send the pair down the brand's fall runway. "I told him to walk straight and be sure of himself," Ophélie says. "He did great! He's a natural." Their parents are thrilled both kids are modeling. "It means we're not alone in Paris," Ophélie says.

—Alexandra Marshall

"The Jeans That Fit My **Body Best**

Three denim lovers in this issue on their perfect-fitting pair. Take notes!

"I prefer a high waist," says Marloes Horst, who's long and lean. Below, she models the 711 style from Levi's new 700 series. launching this fall.

"I love my MiH skinny jeans," says Karla Martinez de Salas, who's petite and muscular. "I tailor them to hit at my ankle."

"I look for jeans with a little stretch and larger back pockets," says Ashley Graham, who is hourglass-shaped. -Brittany Adams



Outfit Inspiration Slip, Meet Office The sexy weekend staple (featured on page 159 and at right) works for work too. Watch this witchcraftery.



dress over a flowy

Ann Taylor dress

Organic by John

Patrick slip

patrick.com)

Add a statement pendant. (Always.)

R.J. Graziano necklace (\$45, rigraziano.com)



A little pinky lip action? Yes!



Finish the outfit with a brown boot. Heeled or flat, your choice.

Sam Edelman boots (\$150, samedelman.com)

Shop Our Shoots

Must. Have. That. Bag.

Obsessed with the statement carryalls on page 174? Get the look here.





Kate Spade New York (\$198, katespade.com)

Fresh Florals



ASOS (\$33, asos.com)

That Static, Though!



BCBG Max Azria (\$268 select Bloomingdale's, 800-232-1854)

LAWRENCE: JON KOPALOFF/FILMMAGIC

This August, Step It Up

When educational Jupiter lands in practical Virgo on the 11th, you'll be on a major self-improvement kick. It's all about you, yourself, and your goals (*not* your boss's), but it



Happy birthday, Jennifer Lawrence! August 15

doesn't mean you can't have some fun. Go abroad to brush up on your language skills, or take an outdoor fitness class to learn something new. And rock on with your go-get-'em self!

LE0

July 23-Aug. 22

On the 14th the new moon in Leo clashes with limiting Saturn in your past angle but gels with liberating Uranus in your future sector. Translation? "Never look back" will be your new mantra. If you've been avoiding your favorite wine bar because it was the site of last year's relationship fail, then take a deep breath, walk in, grab a booth, and order your usual malbec. Just move on already!

VIRGO

Aug. 23-Sept. 22

Bold Jupiter lands in your sign on the 11th, so think big. Set up a meeting with a mentor to nail down your on-track-for-a-promotion plan, *and* have some fun: Use Jupiter's adventurous energy to finally take that road trip you and your friends have been dreaming of since January. Work-life balance? Nailed it.

LIBRA

Sept. 23-Oct. 22

With Venus moving retrograde in your social sector all month, making new contacts is a no-go. But you *can* reconnect with some people you've lost touch with. Go out to dinner with a former roommate, or hit the juice bar with your closest coworker from your last job. Those old friendships need some TLC too!

SCORPIO

Oct. 23-Nov. 21

Serious Saturn turns direct in your sign on the 2nd, giving you six weeks to lock down a major decision. Move in to that split-level you've been saving for. Commit (or say goodbye) to that hookup you've kept wrapped around your finger. This month you mean *business*.

SAGITTARIUS

Nov. 22-Dec. 21

On the 11th your enthusiastic ruling planet, Jupiter, hits the top of your chart for a 13-month stay, so it's prime time for more responsibility on the job. Take a new hire under your wing, or put your hand up to plan that off-site staff retreat for next month. Make the spotlight work for you!

CAPRICORN

Dec. 22-Jan. 19

Tension between eager Jupiter in your sharing sector and challenging Saturn in your group zone on the 3rd has you asking way too much of your friends—that career networking you've been doing every time you get together is starting to wear. Get the girls together for brunch and talk about guys, gossip, whatever is going on in *their* lives; they're your friends, not LinkedIn contacts!

AQUARIUS

Jan. 20-Feb. 18

A new moon in your interpersonal angle clicks with progressive Uranus in your mood house on the 14th, so you've got a month to make some relationship changes. Maybe it's time to fess up to your partner that you hate that date night has turned into "best of Netflix" night. Figure out what you want, then sit down and have the talk you've been putting off.

PISCES

Feb. 19-Mar. 20

The full moon in your sign on the 29th interacts with nearly every planet, causing you major stress. But you sensitive fish can rely on your feelings to figure out where to cut back. If an 8:00 P.M. email from your office manager makes you want to throw your phone across the room, put a limit on after-hours work and stick to it. Setting boundaries means saving your sanity.

ARIFS

Mar. 21-Apr. 19

With lusty Mars heating up your pleasure house, your one goal this month is to enjoy yourself! Surprise your partner with a long day in bed (and try one thing you've never done before). Single? Host a party at your place, and get your friends to spread the word—your charismatic self will have a date next Saturday, guaranteed.

TAURUS

Apr. 20-May 20

Your ruling planet, Venus, is retrograde in your family angle this month, and you're feeling sentimental. Ask your parents to send you some old family heirlooms to use in your living room revamp. Or just invite your sibs over to sort through old photos. Your #TBTs will get love for weeks.

GEMINI

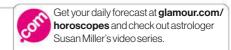
May 21-June 20

Mercury is in your comfort angle from the 7th to the 27th, so your couch will be as close to a night out as it gets for the next 20 days. Ask your boss if you can turn a summer Friday into a day off, and use the time at home to recharge. If you can keep the weekend low-key, come Monday you'll feel like a brand-new woman.

CANCER

June 21-July 22

When driven Mars lands in your resources house on the 8th, you'll have seven weeks to get your finances in gear. Organize that stack of bills in your living room. Revamp your savings plan with a financial coach. Fall shopping season approaches, and you need to know where you stand!



The Get-It Guide

All the info you need to buy the stuff you love in this month's issue

Cover

(1) (3) Narciso Rodriguez dress, \$1,995, Barneys New York. Stella McCartney Lingerie bra, \$70, stellamccart ney.com. Giuseppe Zanotti Design pumps, \$750, Giuseppe Zanotti Design stores. (2) Dolce & Gabbana bodysuit, \$975, Dolce & Gabbana stores.

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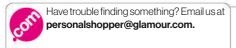
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All prices are approximate.

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